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Intermittent Fasting Recipes and Pressure Cooker Recipes for a Flat Belly: 2 Book Combo (The Flat Belly Diet)

Mary Atkins

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Do you hate that tire around your waist? Can't stand the sight of those love handles every time you look in the mirror? Are you totally embarrassed to put on your bathing suit, and reveal what you've been hiding under that loose-fitted clothing? The Flat Belly Diet Series was designed to provide you with recipes to cut the fat, and keep it off with food that you actually love to eat. Most diets are difficult to maintain. They're expensive, they're hard to follow when you're eating out, or going to events, and they require a lot of time to prep, cook, and shop for, and the food is almost never something to look forward to. This series is a set of easy recipes, that are aimed to provide busy parents, with great-tasting recipes your whole family will crave. These recipes are specially designed to shred the fat, even if you're not exercising. The recipes are all healthy, so you don't have to worry about any damage to your body. While You're On This Diet, You'll Experience: - Weight loss - Tighter, and clearer skin - More energy - Increased metabolism - Increased libido How To Use This Series: Choose the books that appeal to your lifestyle, and go! Don't exceed more than one serving of dessert per day and watch your belly shrink as the days go by. If you don't see a significant improvement in your physique after being on the diet for at least 30 days, return the book for a full refund. Make sure to check out the entire series, and look for the 2 combo books, so you save money by purchasing more books at the same time. Purchase your copies now and get started losing your fat today!

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