



# Belly Fat Diet For Dummies

*Erin Palinski-Wade*

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## The fast and easy way to lose belly fat

Lowering body weight can reverse or prevent diabetes; lower blood pressure, cholesterol, and triglyceride levels; and improve sleep apnea and other sleep problems. The easy recipes and exercises outlined in *Belly Fat Diet For Dummies* gives you the edge you need to shed unwanted pounds and gain muscle tone.

Do you carry extra weight around your midsection? *Belly Fat Diet For Dummies* gives you practical, trusted advice for shedding it—the fast and healthy way. You'll get a proven, 14-day quick-start program that guarantees results within days: a no-gym fitness plan that starts with a fat-melting, bodyweight-only workout and progresses to more advanced exercises further toning and tightening your belly. Plus, you'll get over 40 delicious belly-burning recipes to help you manage your weight.

- A no-gym fitness plan that starts with a fat-melting bodyweight-only workout and then progresses to a more advanced exercises futher toning and tightening your belly
- Over 40 delicious belly-burning recipes
- Loads of options customized for: carboholics, meat lovers, chicken and seafood fans, chocoholics, fast-food junkies, diabetics, and vegans
- Includes useful tips, body-sculpting exercises, and delicious recipes using superfoods to help shrink your waistline
- A comprehensive maintenance plan to help you stay on track

*Belly Fat Diet For Dummies* is a complete and informative guide that makes shedding weight practical and fun—with results in days.

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