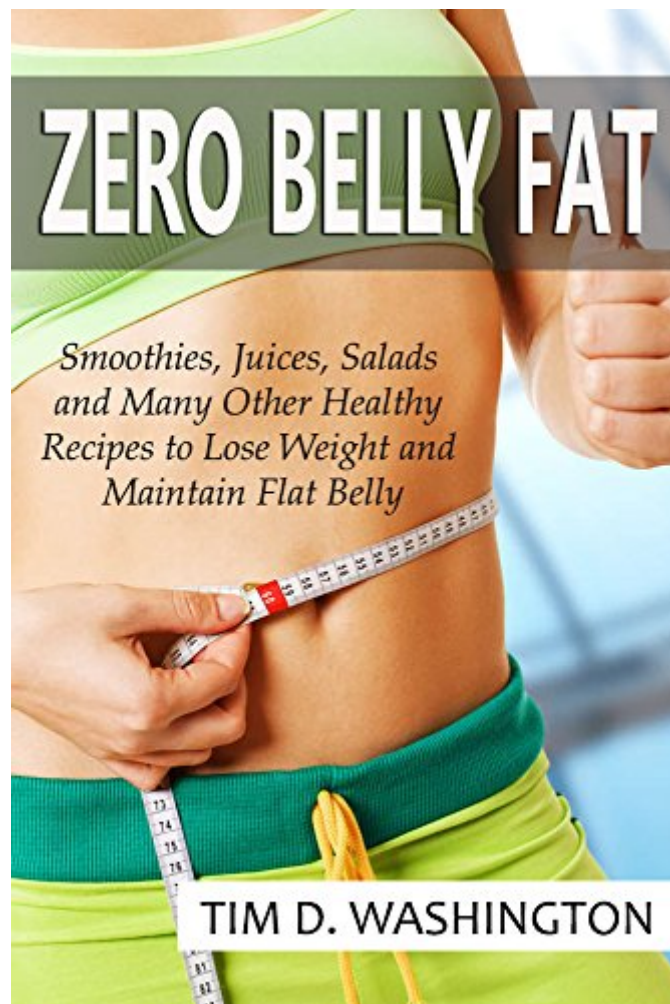


The book was found

Zero Belly Fat: Smoothies, Juices, Salads And Many Other Healthy Recipes To Lose Weight And Maintain Flat Belly (Weight Loss, Zero Belly Diet, Flat Belly Diet, Healthy Diet)





Synopsis

The Best Fat Burning Recipes to Achieve Flat Belly Get Delicious Recipes for Smoothies, Juices, Salads, Breakfasts, Lunches, Dinners, and Desserts for Burning Fat and Having Flat Belly

Overview: With Summer around the corner, many people aim to burn that extra fat and get that flat belly. This book contains delicious smoothies, salads, juices and other recipes to aid you in achieving the body that you desire. All the recipes contain natural ingredients and taste delicious. The author, Tim D. Washington, as a degree holder in nutrition and dietetics believes that healthy food doesn't need to taste bland. Taste and health can go hand in hand and can have much better results because it makes it easier for people to adapt to the food and have a healthy body. Featured Recipes here are: Soursop Strawberry and Coconut Smoothie, Grape Pear Cucumber and Green Tea Smoothie, Blueberry Almond and Fennel Smoothie, Tropical Kale Apple and Pepper Smoothie, Quinoa Chickpea and Herb Salad, Rocket Salad with Avocado and Pecan, Shrimp Pepper and Tomato Frittata, Italian Scrambled Egg on Wholegrain Toast, Asparagus Tomato Basil Pasta, Spicy Grilled Lemon Prawns Recipe, Grilled Balsamic Salmon with Rosemary, Curried Beef and Pumpkin with Coriander Recipe, Chia Matcha Pudding with Pomegranate and so Much More! Get this book now and take the first step towards achieving that sexy body.

TAGS: Zero Belly Recipes, Zero Belly Cookbook, Zero Belly Diet Recipes, Zero Belly Diet Cookbook, Zero Belly Recipes for Dummies, Easy Fat Loss, Recipes for losing Weight, Weight Control recipes, Flat Belly cookbook, Zero Belly diet for beginners, Zero Belly Diet, Zero Belly diet quick and easy, Flat belly diet, flat belly quick, flat belly diet for beginners, recipes for getting flat belly, Recipes for burning fat, fat burning recipes for beginners, quick fat burning recipes, fat blasting recipes, fat blasting cookbook, Zero belly diet for women, zero belly diet for men, zero belly fat diet, zero belly smoothies, zero belly juices, zero belly salads, zero belly dishes, zero belly fat diet cookbook

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Customer Reviews

Seems to be the perfect product. The recipes make sense and are easy to prepare.

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