



Flat Belly Diet! Gluten-Free Cookbook: 150 Delicious Fat-Blasting Recipes!

The Editors of Prevention Magazine

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The *Flat Belly Diet! Gluten-Free Cookbook* - by the editors of Prevention - shows readers how to follow the *New York Times*-bestselling plan with delicious foods that are easy to prepare and that are totally gluten-free. Readers can serve up belly-flattening meals like Cornmeal Flapjacks with Blueberry Syrup, Chipotle Turkey Chili, and Fettuccine with Broccoli Pesto. No diet is complete without dessert, which is why readers will love serving Dark Chocolate Chip-Banana Cupcakes, Fudgy Cashew Brownies, and Coconut-Almond Macaroons the whole family can enjoy?that is, if there's any left to share.

The key to the Flat Belly Diet is monounsaturated fatty acids, or MUFAs, healthy fats that have a waist-slimming effect and target the dangerous visceral fat that, in excess, can contribute to diabetes, heart disease, and obesity. Written for both those with gluten sensitivities and those who want to cut gluten out for good health and vitality, *Flat Belly Diet! Gluten-Free Cookbook* ensures that readers get a dose of MUFAs at every meal and reap all the benefits of a diet free from gluten.

This cookbook also includes the Four-Day Anti-Bloat Jumpstart, the four-week Flat Belly Diet plan with a two-week sample meal plan, and all the other tools readers need to create a gluten-free Flat Belly kitchen and stay slim?permanently.

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Charles Jones:

Reading a book tends to be new life style on this era globalization. With studying you can get a lot of information which will give you benefit in your life. Using book everyone in this world could share their idea. Guides can also inspire a lot of people. A lot of author can inspire all their reader with their story or maybe their experience. Not only the storyline that share in the textbooks. But also they write about the information about something that you need example. How to get the good score toefl, or how to teach your kids, there are many kinds of book that exist now. The authors these days always try to improve their ability in writing, they also doing some analysis before they write on their book. One of them is this Flat Belly Diet! Gluten-Free Cookbook: 150 Delicious Fat-Blasting Recipes!.

John McCord:

A lot of people always spent all their free time to vacation or even go to the outside with them family or their friend. Do you realize? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. If you need to try to find a new activity that is look different you can read a book. It is really fun in your case. If you enjoy the book that you just read you can spent all day every day to reading a guide. The book Flat Belly Diet! Gluten-Free Cookbook: 150 Delicious Fat-Blasting Recipes! it is extremely good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. In case you did not have enough space to deliver this book you can buy often the e-book. You can mOore simply to read this book from a smart phone. The price is not to cover but this book possesses high quality.

Warren Zeigler:

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