



The Belly Fat Cure Sugar & Carb Counter: Revised & Updated Edition, with 100's of New Items Added!

Jorge Cruise

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“Jorge’s recipes make eating smart easy. I recommend them highly.”

— **Andrew Weil, M.D.**

Based on the revolutionary #1 *New York Times* bestseller that is changing the way America eats, this is the only supermarket guide that exposes the true cause of belly fat and disease: hidden sugar!

Transforming your health, energy, and waistline is as easy as 1, 2, 3:

1. Unlock the secret to fat loss that food conglomerates don't want you to know.
2. Follow the one simple menu that tells you exactly what to eat to melt up to 9 pounds this week.
3. Discover thousands of “Belly Good” items that make shedding pounds each week a snap.

With a bonus dining-out section featuring menu items from some of your favorite restaurants, this comprehensive guide will help you look and feel your best in no time at all!

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