



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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Jean Spence:

A lot of people always spent their free time to vacation or maybe go to the outside with them loved ones or their friend. Did you know? Many a lot of people spent they will free time just watching TV, or playing video games all day long. In order to try to find a new activity this is look different you can read the book. It is really fun for you. If you enjoy the book you read you can spent 24 hours a day to reading a publication. The book The Belly Fat Cure Sugar & Carb Counter: Revised & Updated Edition, with 100's of New Items Added! it is very good to read. There are a lot of people that recommended this book. They were enjoying reading this book. Should you did not have enough space to create this book you can buy the e-book. You can m0ore quickly to read this book out of your smart phone. The price is not to cover but this book has high quality.

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