Belly Fat Diet For Dummies

By Erin Palinski-Wade

John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, Belly Fat Diet For Dummies, Erin Palinski-Wade, 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,...

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