

The Everything Flat Belly Cookbook - Fitz Koehler

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Potbelly. Muffin top. Menopot. Many people know they need to lose that weight around their middle--but how should they do it? With this cookbook, you benefit from the latest abs diets and learn the culinary secrets to banishing the bulge forever. Author and fitness expert "Fitz" Koehler shows you what to eat to tone that tummy, including: Low-Fat Cheesy Fries; Muscle Muffins; Sweet-Roasted Sweet Potatoes; Asparagus Pesto Flatbread Pizza; Fat-Free Strawberry Shortcake; Citrus Crunch Pork Chops; Tilapia Parmesan. With 300 delicious recipes, strategic meal plans, and spot-on ab exercises, you can cook up a flatter stomach in no time! Author: Koehler, Fitz Publisher: Adams Media Illustration: N Language: ENG Title: The Everything Flat Belly Cookbook Pages: 00304 (Encrypted PDF) On Sale: 2010-09-30 SKU-13/ISBN: 9781605506760 Category: Cooking : Health & Healing - Weight Control

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