



Belly Fat Diet For Dummies

By Erin Palinski-Wade

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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 further toning and tightening your belly
- Over 40 delicious belly-burning recipes
- Loads of options customized for: carbaholics, meat lovers, chicken and seafood fans, chocoholics, fast-food junkies, diabetics, and vegans
- Includes useful tips, body-sculpting exercises, and delicious recipes using superfoods to help shrink your waistline
- A comprehensive maintenance plan to help you stay on track

Belly Fat Diet For Dummies is a complete and informative guide that makes shedding weight practical and fun—with results in days.

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Belly Fat Diet For Dummies By Erin Palinski-Wade Bibliography

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Editorial Review

Review

A no-nonsense, easy to understand guide to muffin-top busting. (Woman, December 2012)

From the Back Cover

Shed excess belly fat and keep it off for good

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, result-driven, 14-day quick-start program and a no-gym fitness plan that includes a fat-melting, bodyweight-only workout. As you shed pounds you'll progress to more advanced exercises to further tone and tighten your belly. Plus, you'll get over 40 delicious belly-burning recipes to help you manage your weight.

- The 4-1-1 on belly fat — find out what belly fat is, what causes it, and the dangerous impact it can have on your health
- Find your belly fat — get the tools to determine if you have excess belly fat (even if you're at a healthy body weight!) and how to know when you've achieved a healthy belly
- Start blasting belly fat — discover the various and unique Belly Fat Diet Plans and determine which is most appropriate for you (complete with specific meal plan guidelines and Belly Blasting Workout Routines)
- Get cookin' — cook your way to a flatter belly with delicious and easy-to-prepare recipes for every meal of the day that you and your family will love
- Keep on course — get trusted guidance on keeping the weight off, eating out at restaurants and social gatherings, sticking to a plan when you have special dietary considerations, and more

Open the book and find:

- The truth about belly fat
- How to identify your belly fat type
- Belly-slimming foods (and belly-bloating foods, too!)
- 40+ belly-reducing recipes for every meal of the day
- Belly-blasting workout routines
- How stress impacts belly fat
- The lowdown on "portion distortion"
- Ways to apply belly fat principles into your everyday life
- Guidance on making lifestyle changes that stick

Learn to:

- Identify your belly fat type and see how it impacts your health
- Safely shed and keep off unwanted belly fat
- Use belly-slimming foods and fat-melting exercises to keep your midsection healthy
- Get immediate results with a proven quick-start program

About the Author

Erin Palinski-Wade, RD, CDE, is a nationally recognized nutrition and fitness expert who has contributed to national media outlets such as the CBS *Early Show*, ABC News, CBS News, Fox News, *Fitness Magazine*, and *Prevention Magazine*, among others.

Users Review

From reader reviews:

Eric Totten:

Have you spare time to get a day? What do you do when you have much more or little spare time? Yep, you can choose the suitable activity for spend your time. Any person spent their own spare time to take a go walking, shopping, or went to often the Mall. How about open or maybe read a book entitled *Belly Fat Diet For Dummies*? Maybe it is to be best activity for you. You understand beside you can spend your time using your favorite's book, you can cleverer than before. Do you agree with it is opinion or you have different opinion?

Richard Osteen:

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Alice Edwards:

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Norbert Walling:

On this era which is the greater individual or who has ability to do something more are more special than other. Do you want to become one among it? It is just simple solution to have that. What you are related is just spending your time little but quite enough to experience a look at some books. Among the books in the top checklist in your reading list will be *Belly Fat Diet For Dummies*. This book that is certainly qualified as *The Hungry Slopes* can get you closer in getting precious person. By looking upward and review this e-book you can get many advantages.

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