



# **Belly Fat Diet Cookbook: 105 Easy and Delicious Recipes to Lose Your Belly, Shed Excess Weight, Improve Health**

*John Chatham*

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**Getting rid of belly fat is not about doing hundreds of crunches; it's about what you eat.**

In ***THE BELLY FAT DIET COOKBOOK***, best-selling health and nutrition author John Chatham blasts the myths surrounding belly fat, and shows you how to finally get a flat stomach. The groundbreaking research in *The Belly Fat Diet Cookbook* reveals a science-based approach to healthful eating and looking good that doesn't involve starving yourself. *The Belly Fat Diet Cookbook* provides delicious, easy-to-follow recipes, and teaches you how to eat more and still achieve a flat belly.

- Get more than 100 satisfying, delicious recipes that will help you melt away belly fat, including Chicken Stir Fry, Almond Encrusted Salmon, and a delicious Berry Parfait.
- Use the Belly Fat Diet Shopping Guide to minimize your intake of sugar and processed carbohydrates.
- Read about the many myths behind the causes of belly fat, and why scientific research has proven these myths to be wrong.
- Learn the dangers of excess belly fat, from its harmful impacts on your liver to increasing your risk of type 2 diabetes, heart disease, dementia, and stroke.

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**Carl Johnson:**

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