



The Belly Fat Cure Quick Meals: Lose 4 to 9 lbs. a week with on-the-go CARB SWAPS

Jorge Cruise

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Based on the #1 *New York Times* bestseller, *The Belly Fat Cure Quick Meals*™ gives you options to eat on-the-go meals that will keep you losing 4 to 9 lbs. a week. Whether in the kitchen or in a hurry, use the power of the Everyday Carb Swap™ to enjoy **pasta, burgers, chocolate, wine, and even ice cream guilt free! Dig in.**

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