

THE FLAT BELLY DIET



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That's the promise of the Flat Belly Diet. Now for the fine print: The kind of fat matters. The plan focuses on monounsaturated fats, which you get from olive oil, nuts, and other plant foods.

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The Flat Belly Diet has two phases, a four-day "anti-bloat" phase with specific foods and drinks, and a four-week eating plan during which women eat about 1,600 calories a day. There's a Flat Belly Diet for men that's similar, but allows for more calories.

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The Flat Belly Diet promises readers that they can trim their waistline and lose belly fat, all without a single crunch. Find out if the flat belly diet really delivers. Find out if the flat belly

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Those following the Flat Belly Diet are allowed one MUFA serving with every meal and a daily intake of 1,600 calories, although dieters can tailor the plan to their age, gender and activity level.

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The Flat Belly Diet Review UPDATE 2018 6 Things You

The Flat Belly Diet emphasizes a low-calorie diet rich in monounsaturated fats (MUFAs). These plant-based fats melt away belly fat and promote fullness. Meals include MUFAs, a lean protein and fiber from whole grains or fruits and vegetables.

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MUFAs monounsaturated fatty acids are healthy, plant-based fats that help eliminate dangerous belly fat. On the Flat Belly Diet, you'll eat a delicious, filling MUFA at every meal.

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Flat Belly Diet Liz Vaccariello Cynthia Sass David L

Flat Belly Diet! [Liz Vaccariello, Cynthia Sass, David L. Katz] on Amazon.com. *FREE* shipping on qualifying offers. **Fat Belly Diet! Liz Vaccariello** Join the million-plus people who have found the answer to losing their belly fat while eating satisfying and delicious foods.

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