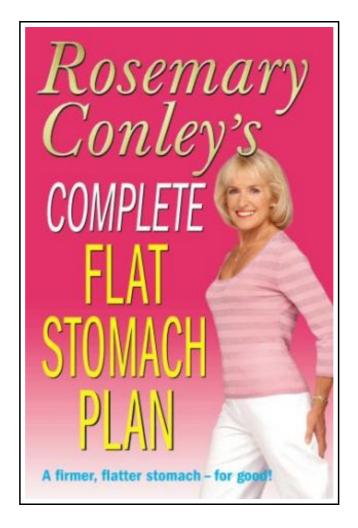
# **Complete Flat Stomach Plan**



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# Reviews

This publication is definitely worth purchasing. it was actually writtern really completely and beneficial. Your life span will likely be change once you total reading this article pdf. (Dell Hegmann Jr.)

#### COMPLETE FLAT STOMACH PLAN



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Cornerstone. Paperback. Book Condition: new. BRAND NEW, Complete Flat Stomach Plan, Rosemary Conley, The Complete Flat Stomach Plan incorporates, and builds upon, the remarkable results and success stories of the original Flat Stomach Plan trial team. In this fantastic new healthy eating diet book, the original Flat Stomach Plan diet has been extended to include a greater variety of choice to suit all tastes. It comprises a 'free choice', three-meals-a-day eating plan, with healthy menus ranging from 'instant' supermarket branded meals to DIY gourmet recipes, including options for vegetarians. Plus, there are three separate ten-minute toning exercise routines containing the safest, most effective exercises to ensure weight loss around the stomach and waistline. Suitable for all ages and fitness levels - both men and women - readers can choose the routine that suits their ability and progress to the next one as their strength improves. Throughout, there are motivational tips, quotes from successful dieters as well as advice on keeping the weight off - and the stomach flat - for good. The perfect diet book for people who want to lose weight without the bore of calorie counting!.



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