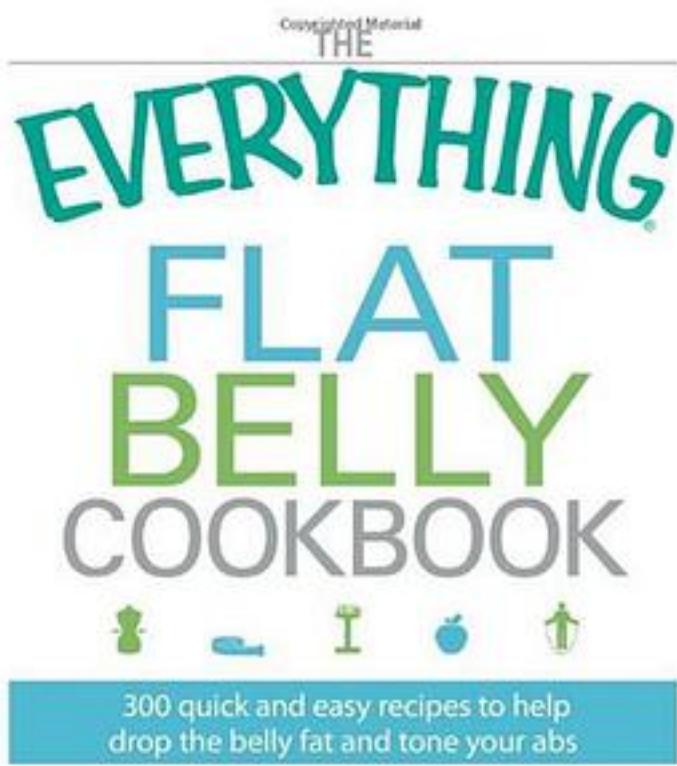


The "Everything" Flat Belly Cookbook



Fitz Koehler, MSESS with Mabelissa Acevedo, LDN

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Many people know they need to lose that weight around their middle - but how should they do it? With "The Everything[registered] Flat Belly Cookbook", readers benefit from the latest abs diets and learn the culinary secrets to banishing the bulge forever. Author and fitness expert 'Fitz' Koehler shows readers what to eat to tone that tummy. With 300 delicious recipes, strategic meal plans, and spot-on ab exercises, readers can cook up a flatter stomach in no time!

作者介绍:

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