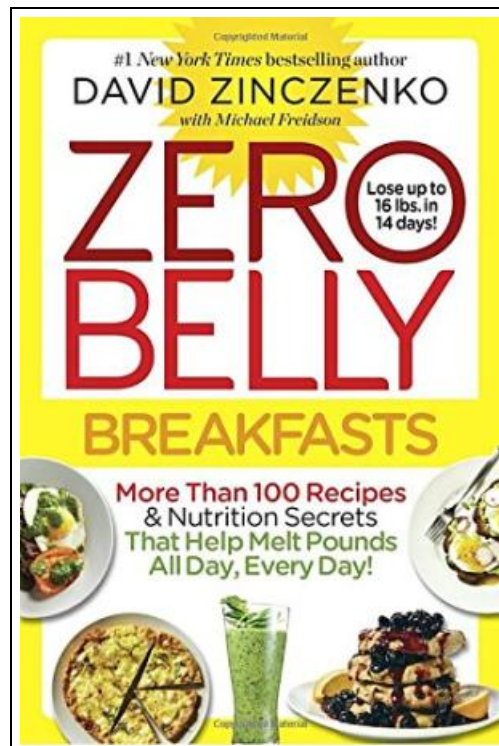


Zero Belly Breakfasts: More Than 100 Recipes Nutrition Secrets That Help Melt Pounds All Day, Every Day! (Paperback)



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Reviews

Complete guide! Its this kind of very good read through. I really could comprehend almost everything out of this written e publication. Your lifestyle span is going to be transform the instant you complete looking over this book.
(Reilly Keebler IV)

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Ballantine Books, 2017. Paperback. Condition: New. Language: English . Brand New Book. Lose up to 16 Pounds in 14 Days with Quick and Delicious Morning Meals! From the team behind the bestselling Eat This, Not That! and Zero Belly series, Zero Belly Breakfasts will have you looking and feeling great in no time flat, thanks to hundreds of delicious and nutritious breakfast secrets--and more than 100 mouthwatering recipes you can prepare in minutes! Compliments of today's most influential nutritionists, each recipe features fat-burning proteins, belly-filling fibers, and healthy fats that will boost your metabolism and lead to all-day (and night) calorie burning, including - eggs and omelets - pancakes and waffles - breakfast meats - sandwiches and burritos - homemade cereals - oatmeals and overnight oats - and creamy and delicious smoothies Zero Belly Breakfasts is part of the revolutionary new plan to turn off your fat genes and help keep you lean for life! Nutrition expert David Zinczenko, the New York Times bestselling author of the Abs Diet series, Eat This, Not That! series, and Zero Sugar Diet, has spent his entire career learning about belly fat--where it comes from and what it does to us. And what he knows is this: There is no greater threat to you and your family--and to your health and your happiness. Zero Belly Breakfasts will help you - lose up to 16 pounds in 14 days - melt away stubborn fat, from your belly first - put an end to bloating and discomfort - detox from unhealthy foods so you can enjoy all-day energy - turn off your fat-storage genes and make long-term weight loss effortless - look and feel younger and healthier than ever! You'll be stunned and inspired by the results of an amazing 500-person test panel--men and...



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