



21-Day Tummy Diet Cookbook: 150 All-New Recipes to Shrink and Soothe Your Belly!

Liz Vaccariello

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From New York Times Bestselling author Liz Vaccariello, 150 all-new quick and easy recipes to help you extend and maintain the 21-Day Tummy Diet. Featuring sample menus for each phase, easy to follow tips on how to create your own Belly Buddy recipes, and inspirational stories from the Tummy Testers.

Belly bulges plague millions of Americans. So does bloating, heartburn, and other tummy troubles. It's no coincidence. As Reader's Digest editor-in-chief and weight loss expert Liz Vaccariello revealed in 21-Day Tummy Diet, the same foods can both pack on the pounds and lead to gastrointestinal problems—and the culprits may surprise you. Luckily, there are also foods that can help us both shrink and soothe our stomachs. In 21-Day Tummy Diet Cookbook, you'll find 150 all-new quick and easy recipes featuring amazing Belly Buddies such as blueberries, potatoes, and tomatoes, including:

- Fast and filling breakfasts such as Potato, Ham and Cheddar Hash and Blueberry Corn Muffins, plus all new variations on the Belly Soother Smoothie
- Soothing and satisfying soups such as Italian Tomato and Meatball Soup and Chicken Chard Soup with Pasta
- Nourishing entrees and one-dish mains such as Tex-Mex Cheeseburger, Hazelnut-Stuffed Pork Chops, and Chicken Mac and Cheese
- Simply delicious sides and salads such as Cherry Tomato and Forbidden Rice Salad, Tuscan Green Beans, and Home-Fries
- Delectable desserts such as Chocolate-Chip Walnut Cookies, Blueberry Shortcakes, and Mochachino Cupcakes

Plus you'll find sample menus for each phase of the 21-Day Tummy Diet, easy-to-follow tips on how to create your own Belly Buddy recipes, and inspirational stories from the Tummy Testers, who collectively lost 90 pounds in 3 weeks, shed 29 inches from their waists, and all reported fewer digestive symptoms and happier tummies.

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Nancy Williams:

Spent a free time to be fun activity to do! A lot of people spent their spare time with their family, or their own friends. Usually they accomplishing activity like watching television, going to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? Could be reading a book is usually option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the e-book untitled 21-Day Tummy Diet Cookbook: 150 All-New Recipes to Shrink and Soothe Your Belly! can be fine book to read. May be it can be best activity to you.

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That e-book can make you to feel relax. This particular book 21-Day Tummy Diet Cookbook: 150 All-New Recipes to Shrink and Soothe Your Belly! was colorful and of course has pictures on there. As we know that book 21-Day Tummy Diet Cookbook: 150 All-New Recipes to Shrink and Soothe Your Belly! has many kinds or variety. Start from kids until teens. For example Naruto or Detective Conan you can read and feel that you are the character on there. Therefore , not at all of book usually are make you bored, any it offers you feel happy, fun and relax. Try to choose the best book for you and try to like reading that.

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