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How to Get Rid of Belly Fat: 7 Easy Ways to Lose Belly Fat Without Exercise! (Eat Your Way Lean & Healthy)

Katherine Wright

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Hi, I'm Katherine (Katy) Wright, Amazon bestselling author of ***Low Fat, High Carb Diet.***

Over the years I have tried everything under the sun in order to lose weight and stay fit. My enthusiasm for fitness and diet have led me to find out exactly what does and what doesn't work. I have found there to be some excellent and not so excellent things you can do burn fat without exercising. I'm a true believer in the "abs are made in the kitchen," mantra.

This book contains proven steps and strategies on how to choose foods that help reduce and remove belly fat. You might be at the beginning of your journey to lose weight or you could be at the end and have this pesky belly fat that won't go away. In this guide you'll find some handy tips that will help to get rid of the tire for ever.

What you'll find in this 25 page guide are, 7 surprisingly easy ways you can tweak your diet so that you lose belly fat without even going to the gym.

Here's just a LITTLE of what you'll discover in this incredible guide. . .

How to stay happy and full without adding pounds back to your waist

Don't wait, you'll want to put this information to use as soon as possible.

Get this Awesome Guide for just $2.99. Regularly priced at $4.99

Download now and start loosing that pesky belly fat today.

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