



Zero Belly Cookbook: Achieve your body goals without sacrificing your enjoyment for food!

Olivia Dunham

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Achieving your ideal weight and body takes dedication, commitment, and discipline. Aside from a well-designed and scheduled exercise routine, you will also need a well-balanced diet. Unlike other rabbit-food diet programs, the Zero Belly diet is designed to ensure that you achieve your body goals without sacrificing your enjoyment for food. With this diet program, you'll be able to eat without restriction and even let your food watch your weight for you. This recipe book for Zero Belly diet includes main dish, breakfast, dessert and even recipes for beverages that you can pair with your meals all throughout the day. Oh, and did I mention desserts? Yes, desserts, but not just any ordinary dessert, chocolate desserts! For years, diet gurus have been maligning desserts as a mortal sin for dieters when it ought to be a well-deserved reward after a long day's work. Studies even show that dieters who give in to their cravings are more successful in achieving their weight goals compared to those who don't. As a bonus, I've also listed a few teas you may want to try (if you're not already a drinker), to boost your fat melting capabilities to compliment your workout. I hope you find this book useful in your journey to a better you. Good luck and have fun with your Zero Belly diet! **New recipes update coming soon! Start your transformation now with a Limited time offer - 2.99\$**

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