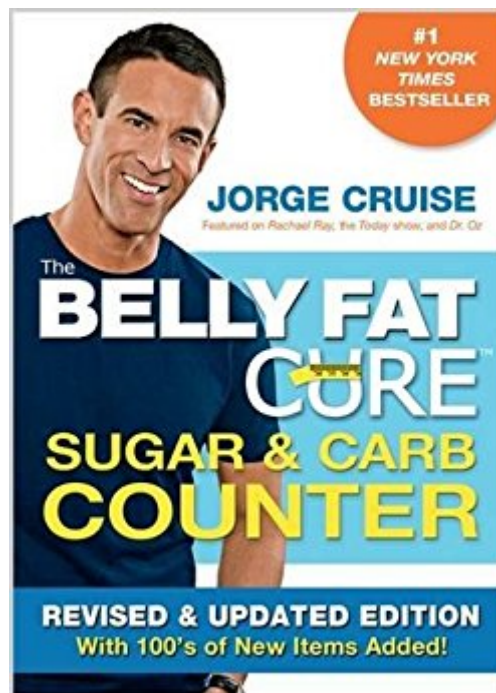




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The Belly Fat Cure Sugar & Carb Counter: Revised & Updated Edition, With 100's Of New Items Added!



Synopsis

“Jorge’s recipes make eating smart easy. I recommend them highly.” • Andrew Weil, M.D. Based on the revolutionary #1 New York Times bestseller that is changing the way America eats, this is the only supermarket guide that exposes the true cause of belly fat and disease: hidden sugar! Transforming your health, energy, and waistline is as easy as 1, 2, 3:1. Unlock the secret to fat loss that food conglomerates don’t want you to know. 2. Follow the one simple menu that tells you exactly what to eat to melt up to 9 pounds this week. 3. Discover thousands of “Belly Good” items that make shedding pounds each week a snap. With a bonus dining-out section featuring menu items from some of your favorite restaurants, this comprehensive guide will help you look and feel your best in no time at all!

Book Information

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Customer Reviews

JORGE CRUISE is internationally recognized as the author of six consecutive New York Times best-selling series, with more than six million books in print in over 15 languages.

I love that this is a small book and it is PACKED with information with the S/C count for many things. There is a brief overview of the BFC diet which was enough to get my husband to understand what the diet was all about and WHY it worked. It’s been 3 months and my hubby has lost almost 30 lbs! He did not read any of Jorge’s other books, just this one, and has been very successful. I bought

the original book several years ago and shed all of my baby weight from my second child within a month (it was amazing!) and have kept it off. The tenants are simple: STAY AWAY FROM SUGAR! EAT LIMITED (& HEALTHIER) CARBS!

I am on The 100 right now....Jorge's latest book....I have lost 16lbs in three weeks! His system of sugar and carb counting is simple and it works!BrookeBooks sent me the used book quickly and like new as stated....

Just what I was looking for. A sugar counter to help me watch my sugar/carb intake. Arrived on time and in great condition.

I find this book very through and easy to read. It is a very helpful to guide to help planning meals.

I also received this at the same time as the other book .

Good book. I just couldn't stick to the counting of carbs and sugar.

book is as stated and fast delivery!

I don't like it. It doesn't have any information that we haven't heard all our lives. I recommend not spending money on this book. The methodology is nothing more than repeats of days gone by; no new insight whatsoever. I don't know why it received the attention it has, unless it is just because there is a good publicist.

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free, gluten free) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Low Carb Diet: Burn Fat! Discover Delicious Recipes! And Lose Weight FAST! (Gluten Free Diet, Candida, Atkins Diet, Celiac, Fibromyalgia, Diabetes, Cancer, ... Belly, Grain, Brain, Epilepsy, Belly Fat) Wheat Belly: Wheat Belly Slow Cooker: 30 Delicious Grain-Free Slow Cooker Recipes for Beginners (Wheat Belly, Wheat Belly Slow Cooker) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Carb Cycling: The 7-Day Carb Cycle Transformation ~ Carb Cycling Diet, Carb Cycling Recipes, Carb Cycling Meal Plans Low Carb: Don't starve! How to fit into your old jeans in 7 days without starving with a Low Carb & High Protein Diet (low carb cookbook, low carb recipes, low carb cooking) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Flat Belly Diet! Diabetes: Lose Weight, Target Belly Fat, and Lower Blood Sugar with This Tested Plan from the Editors of Prevention FAT BOMBS: 120 SWEET AND SAVORY KETO TREATS FOR KETOGENIC, LOW CARB, GLUTEN-FREE AND PALEO DIETS (keto, ketogenic diet, keto fat bombs, desserts, healthy recipes, fat bombs cookbook, paleo, low carb)

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