



Flat Belly 365 (Paperback)

By Manuel Villacorta

HEALTH COMMUNICATIONS, United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. Finally there is a scientifically proven way to shed stubborn pounds and keep them off, especially if you are struggling with excess weight around the mid-section. The secret to beating the bloat and enjoying lasting weight loss is a healthy gut. A healthy gutÂ fueled by superfoods, anti-inflammatory fats, and prebiotic and probiotic foodsÂ can balance your appetite, reduce cravings, regulate blood sugar, fight inflammation, and fuel your body with key nutrients for optimal health. Award-winning dietitian Manuel Villacorta takes the guesswork out of gut health with his proven plan that sheds pounds, burns belly fat, and makes you feel years younger. Knowing that variety is the key to his clients success, Villacorta organized the meal plans according to seasons so you can enjoy different tastes and textures and the food is always accessible, fresh, and inexpensive. For example, in the spring and summer, enjoy refreshing smoothies, gazpachos, and salads including Fig Jicama Salad, Beef Bone Soup, a Chocolate Smoothie Bowl, and California Avocado Gazpacho. In the fall and winter, enjoy heartier soups and warm power bowls, including Pumpkin Pie Smoothie, Sweet Potato Bean Bowl, Cannellini...



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Reviews

An incredibly great book with perfect and lucid answers. Better then never, though i am quite late in start reading this one. You will not sense monotony at whenever you want of the time (that's what catalogues are for relating to if you question me).

-- **Nannie Lindgren Jr.**

This type of book is every thing and made me seeking forward and more. It is amongst the most awesome publication we have go through. Its been developed in an exceptionally straightforward way and it is only soon after i finished reading this ebook by which actually altered me, alter the way i believe.

-- **Mrs. Serena Wunsch**