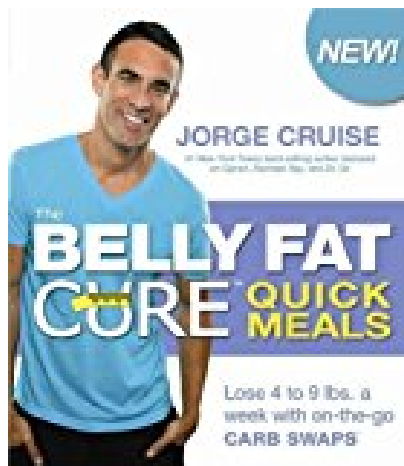


# The Belly Fat Cure Quick Meals Lose 4 to 9 lbs. a week with on-the-go CARB SWAPS



## BOOK DETAILS

- Author : Jorge Cruise
- Pages : 288 Pages
- Publisher : Hay House
- Language : English
- ISBN : 1401937128



## BOOK SYNOPSIS

This book gives readers options to eat on-the-go meals that will keep them losing four to nine pounds a week. Whether in the kitchen or in a hurry, use the power of the Everyday Carb Swap to enjoy pasta, burgers, chocolate, wine, and even ice cream guilt free! 100,00 print.

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