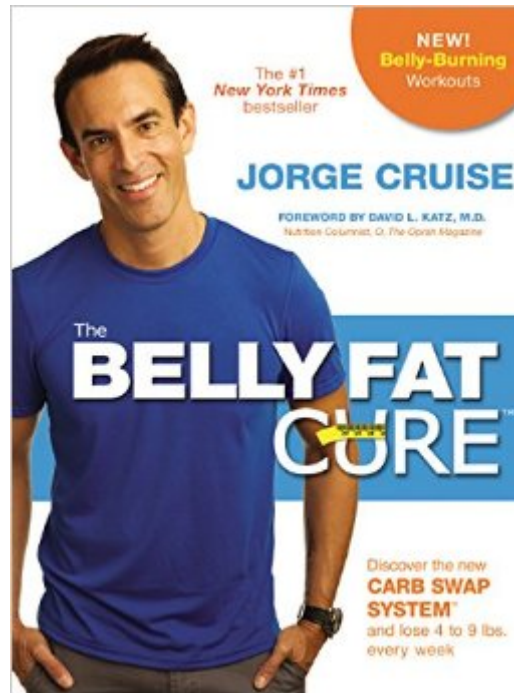


The book was found

The Belly Fat Cure™: Discover The New Carb Swap System™ And Lose 4 To 9 Lbs. Every Week



Synopsis

For years, experts have told you that you're tired and overweight because you eat too much and don't exercise enough. They were WRONG. The truth is that you are eating foods packed with hidden sweeteners that deliver a belly-fattening Sugar/Carb Value. This simple guide makes smart eating effortless and affordable. This revised edition is updated with a completely new chapter "Simply Fit, with Belly-Burning Workouts" and includes more than 1,500 options customized for: carbaholics, meat lovers, chicken and seafood fans, chocoholics, fast-food junkies, and even vegans! What are you waiting for? Dig in.

Book Information

Paperback: 360 pages

Publisher: Hay House, Inc.; Revised edition (January 6, 2015)

Language: English

ISBN-10: 1401946704

ISBN-13: 978-1401946708

Product Dimensions: 0.8 x 6.5 x 9 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars See all reviews (24 customer reviews)

Best Sellers Rank: #25,992 in Books (See Top 100 in Books) #36 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #55 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat #67 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb

Customer Reviews

It's an exact repeat of his last Belly Fat Cure, just with like eight pages of exercises that you already know and probably do if you workout! I kind of feel shafted spending the \$10 that I did for literally a repeat with a couple pages added at the end! Also, Jorge is now saying to steer clear of whey protein because it spikes your insulin levels! So, if you've never bought his books, this is a good one, just ignore the whey protein suggestions! If you have the prior book(s), save your money!

I definitely am losing weight and inches off my waist, but it's difficult to find most of the brands recommended in the book. I've been to 5 grocery stores in my neighborhood and I still can't find the Orowheat Lite Whole Wheat bread or the Joseph's brands of various foods. I buy similar products which seems to work fine. You just have to look at the ingredients.

I have been studying nutrition and various diets for almost three years. Of all the materials I have read, this plan tops the list. It gets at the root cause of diabetes and obesity which is sugar, and gives people an easy to follow plan without being restrictive like paleo. It also is easy for people following gluten free, and can be adapted for vegetarians as well. Kudos to Jorge!

I love this simple-to-follow diet. It's easy for me to give up sugar. It's the carbs I have a hard time with. This diet allows plenty of carbs and works as long as you follow it. I didn't exercise at first until I lost a few lbs. I started to do cardio workouts 3 times a week along with the diet. It came off quicker. I also love that you can go out to dinner and not break the diet. Thank you Jorge Cruise for finding an easy diet to follow that works without so many restrictions.

You will lose weight if you follow this plan. I do not wish to limit myself this much. I did learn about looking at the amounts of sugar and carbs in what I eat. It is crazy how much sugar is in EVERYTHING! I bought this book and another one and both have valuable information I use, but I'm not going to restrict myself this much.

super book. First time I have consistently lost weight and belly fat in a long time. I recommend to all my friends. Trying to convince my family of the bad habit of too much sugar.

Really works well. the 1st week I lost 2.5" off my waist. It's easy to follow and the recipes I tried were really good. This seems more like an adventure than a diet.

This book just isn't helpful to me at all. I usually try to find a book that is written for the ordinary joe, using foods and recipes that would be considered....well.....ordinary is all I can think of. This book is not written for people like me. There are food items in there that I've never heard of.

[Download to continue reading...](#)

The Belly Fat Cure™; Discover the New Carb Swap System™ and Lose 4 to 9 lbs. Every Week Low Carb Dump Meals: 25 Easy, Delicious and Healthy Dump Dinner Recipes You Won't Believe Are Actually Low Carb!: (low carbohydrate, high protein, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Aroma Rice Cooker: 50 Easy, Low Carb and Paleo Recipes with Your Rice Cooker for Busy People (Low Carb Meals & Rice Cooker) Low Carb: The Low Carb Dessert BIBLEÃÂ© with over 200+ Decadent Recipes (The Ultimate Low Carb Dessert CookBook for Rapid Weight Loss) Speak in a Week! Italian Week Two [With Paperback Book] (Speak in a Week!

Week 2) (Italian Edition) Secrets of Fat-free Greek Cooking: Over 100 Low-fat and Fat-free Traditional and Contemporary Recipes (Secrets of Fat-free Cooking) Ketogenic Diet: Rapid Weight Loss Guide: Lose Up to 30 Lbs. in 30 Days Wheat Belly 30-Minute (Or Less!) Cookbook: 200 Quick and Simple Recipes to Lose the Wheat, Lose the Weight, and Find Your Path Back to Health Easy Low Carb Slow Cooking: A Prep-and-Go Low Carb Cookbook for Ketogenic, Paleo, & High-Fat Diets Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, ... Belly, Tea Cleanse Diet, Weight Loss, Detox) Forever Fat Loss: Escape the Low Calorie and Low Carb Diet Traps and Achieve Effortless and Permanent Fat Loss by Working with Your Biology Instead of Against It Vegan Thanksgiving Dinner: 25 Full Of Taste Thanksgiving Vegan Recipes.: (Thanksgiving, USA Holidays, Vegan, Vegetarian, Salads, Low-fat Vegan ... low fat high carb recipes) (Volume 2) Lose the Clutter, Lose the Weight: The Six-Week Total-Life Slim Down Pot Belly Pigs. Pot Belly Pigs Complete Owners Guide. Pot Bellied Pigs care, health, temperament, training, senses, costs, feeding and activities. The Belly Book: A Nine-Month Journal for You and Your Growing Belly (Potter Style) Dr. Jonathan V. Wright's Nutrition & Healing (The skin cancer cure... yes, cure... that works every time, Volume 14 Number 5) Wheat Belly: Wheat Belly Slow Cooker: 30 Delicious Grain-Free Slow Cooker Recipes for Beginners Wheat Belly: Top Slow Cooker Recipes: 230+ Grain & Gluten-Free Slow Cooker Recipes for Rapid Weight Loss with The Revolutionary Wheat Belly Diet (The Wheat-Free Cookbook) The New Bible Cure for Chronic Fatigue and Fibromyalgia: Ancient Truths, Natural Remedies, and the Latest Findings for Your Health Today (New Bible Cure (Siloam))

[Dmca](#)