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# **Belly Fat: Blowout Belly Fat Clean Eating Guide To Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1)**





## Synopsis

\*\*\*\*UPDATED & IMPROVED + BONUS BOOK 2\*\*\*\* Are You Anxious to Lose Belly Fat? Does that stubborn belly fat just hang on and drag you down? Join the Belly Fat Revolution that has worked for thousands of people. No dieting. Lose Belly Fat while eating 6 meals a day. Never feel hungry. Balance Blood Sugar. Cut out processed sugar. You know you should! Stop Cravings. When you eat a balance of real, healthful food, cravings go by the wayside. Never Feel Hungry. It's true. You eat delicious food on a regular basis with nourishment that keeps you feeling satisfied. Reduce Inches by utilizing fat stores for energy. Feel good, look great! Lose Belly Fat - Stick with this program and your body will convert fat into energy, burning calories and burning FAT! Blowout Fat, Lose Inches, Lose Weight, Lose Belly Fat, Feel Great (fast fat burning, no dieting, clean eating, healthy living, gluten, grain free, detox, low fat) 10 Day Plan plus 5 Week Bonus Plan!! Blast away belly fat by following this day by day, meal by meal guide to lose weight and balance blood sugar. Belly Fat Blowout by best-selling author and wellness authority Stephanie Atwood, offers a cure for reducing belly fat around your middle and those other stubborn fat deposit areas that are at least unwanted, and very possibly also unhealthy. Click the BUY Box and you are on your way to losing belly fat, NOW! Here is what people are saying: I would give this program an A+ for the support, depth of knowledge of Stephanie and Amy and of course the results. - Leti DAn informative, eye opening, educational program that gave me the tools I needed to learn how to eat and workout for optimal metabolic health. - Michaela R Download your copy TODAY. GO to the Purchase button at the top of the page. You'll be glad you did.

## Book Information

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## Customer Reviews

As someone who has struggled for YEARS with sugar addiction, I welcomed the challenge to learn how to eat in such a way that I a) Did not feel deprived and b) Could kick the "sugar monster" out for good. Atwood presents the material in a very easy to understand manner and suddenly things just click. The 10 day "cleanse" isn't some crazy juice diet, but rather a way to teach us how to eat REAL food. I was surprised at how much I was eating. And as someone who has limited fat in the past, it was refreshing to eat avocados and olive oil. The balance of good carbs along with protein and fat kept me satiated and guess what? I wasn't running to the vending machine at 3pm for something sweet. I will definitely continue to follow this plan and look forward to more offerings from Atwood. Not just another "diet" book - but a way to change your way of thinking about food and in turn a way to move toward a more healthy lifestyle.

I've been in an out of the health and well-being industry for the better part of my adult-life, so I love when I come across a program that truly aligns with my beliefs and values. Despite already having the knowledge I'd need to get my "butt in gear," I still find it much more motivating to be led by someone else. I always learn something new and, just as importantly, am reminded of great healthy options that have fallen off my radar. Stephanie Atwood definitely qualifies as someone I can fully align with and who clearly knows what she's talking about. I love this 10 Day Plan to get you moving QUICKLY in the right direction. She truly leads you through, step-by-step, so there's very little thinking for you to do, and she does it in a way that's very realistic and even enjoyable! And, once the 10 days are over I'll definitely be adding a lot of the recipes to my weekly regulars. Definitely recommend this one!

I'm overweight and have been putting together a diet/exercise plan using whatever information I could find. This guide affirmed my plan: balanced diet, no processed foods, no alcohol, very occasional indulgences. A good, easy-to-follow guide.

When the author started the book talking about losing the doughnut, at first, I thought -- oh no, I have to give up doughnuts! The doughnut she was talking about was that doughnut around my waist, but the other doughnuts are not welcome either. This book is based on metabolic efficiency training and proven results. It seems to me that anyone can carry on a program for 10 days, a program that will be proven to work and work fast. Then, with proven results will come tremendous incentive to continue. Why not give it a try? I'm going to.

After having three amazing boys my belly is definitely not the favorite part of my body. I have tried way to many ways to trim down this belly of mine. I must admit that my downfall to everything is that I am a sweet-a-holic. Yup I admit it, sugar is my kryptonite. So when I heard about Belly Fat: Blowout by Stephanie Atwood M.A. I had to give it a read. This book is said to teach you how to eat in such a way that you don't feel deprived and teach you how to kick the sugar out for good. Great right!! gotta say I am happy that I gave this book a chance, I really enjoyed reading it. It has a very easy plan to help lose that belly fat, and it's explained in such a way that it's easy to understand. I was able to follow the information in this book and stay on track. This book has tons of great information! One of the things that I really liked is that it will guide you thru the whole process, it was not confusing or got me lost at any point. I did receive this product discounted or free of charge in exchange for a review, however all opinions are 100% honest based on my own experience.

I just got started with the program a few days ago, but it's really very simple. This book is basically like a step-by-step guide on how to re-structure your diet so that your body works for you. Food is perhaps my biggest weakness, and ultimately my downfall, so this book is really helpful for me. I know the things I should be eating, but have a hard time sticking with it. With this 10 day program, I was surprised at how much I am eating, and how satisfied I feel throughout the day when I know I'd usually be snacking otherwise. This way, everything is in print- day by day- and if I can't follow it to the letter, it's totally okay to substitute something comparably healthy. No stress, no struggle | except for the caffeine withdrawal, but I'm sure I'll be glad to have kicked that habit as well. I'm a work in progress, and I'm working toward improving my diet and my health with this book. I definitely recommend it for anyone who struggles with food like me. I received this product in exchange for my honest review. The opinions expressed are 100% my own.

I was sent this book for free to review. I was glad to give it a try to kickstart my challenge to lose 50+ pounds. This is exactly what I needed. I love that a cleanse is included to get your body prepared for

a healthier lifestyle. It isn't some crazy diet where you cut out tons of stuff that is actually good for you. It's simply implementing cleaner eating habits and getting rid of all of the sugar that is part of the American diet. The Belly Fat Blowout approach definitely works. It's so much more than a fad diet, it's truly a lifestyle change and a very welcome one at that. It's a super way to get started with a healthier lifestyle, the author literally spells everything out and includes recipes that are easy to follow. It's a stepping stone in the right direction if you're looking to change your eating habits and get your health under control.

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