



# Quick Easy Meals: Grain Free Cooking and Lose the Belly Fat

*Sara Lee, Carter Janice*

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## **Quick Easy Meals: Grain Free Cooking and Lose the Belly Fat** Sara Lee, Carter Janice

Quick Easy Meals: Grain Free Cooking and Lose the Belly Fat Are you tired of dealing with constant digestive problems and stubborn belly fat in your search for quick, easy meals? This book is here to help. You may have been promised quick weight loss by mainstream diets, only to discover that getting rid of a stubborn belly is a lot harder than it sounds. You might try, time after time, to cook quick healthy meals that can help you slim down and feel better, only to discover that food has once again failed you. The quick, easy recipes contained in this book are here to make a difference. They're designed to help remove problem belly fat and help you get rid of health problems caused by reliance on processed grains like wheat and corn. You'll find lots of quick dinner recipes, snacks, breakfasts and more, all designed to help you enjoy your food again. There's no need to worry about gaining when you use these quick meals. Belly fat is a serious problem, and it can be very hard to deal with it. Whether you've tried quick low carb solutions or seriously restricted your fat intake, you probably know that no solution seems to stick. Until you've rebalanced your diet and learned quick cooking that's designed to help you feel good and lose weight, you won't be able to conquer your problems. The recipes included in this book are ready to help you get the job done. You'll enjoy all kinds of flavorful foods rich in beneficial fats and low in unhealthy processed carbohydrates. With foods like tomato-pesto eggs Florentine and grain-free chicken curry, you'll be ready to take on belly fat and calm your body without giving up on taste. If you're sick of constantly trying to lose weight only to find out that food is your enemy, now's the time for a change. Try some of these great, belly-busting foods and feel better faster!

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