



Flat Belly Diet! Pocket Guide: Introducing the EASIEST, BUDGET-MAXIMIZING Eating Plan Yet

Liz Vaccariello

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A quick and handy guide to smart eating choices from the diet that's transforming America belly by belly. All across America, people are changing their bodies?and their lives?thanks to the *Flat Belly Diet! Now*, making the best choices for a flat belly in the supermarket, at home, in a restaurant, or anywhere is even easier with the *Flat Belly Diet! Pocket Guide* by Liz Vaccariello.

This handy and user-friendly book provides at-a-glance information such as:

- a complete 28-day meal plan featuring all-new on-the-go recipes
- corresponding shopping lists specially designed to maximize your shopping dollar
- lists of serving sizes and calorie counts to help you make MUFA meals you love
- best meal choices at the vending machine, the airport, popular restaurants, and more
- pantry staples and Flat Belly Diet–friendly brands

Including 90 all-new quick meal and snack pack recipes, each tested for time and taste, and created by a registered dietitian in response to questions from real dieters, the *Flat Belly Diet! Pocket Guide* is both an easy introduction to the diet for those who have yet to try it and an essential companion for the thousands who already swear by it.

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