



# **How to Lose Belly Fat Without Extreme Diet or Exercise: Harness the Power of Fat-Burning Foods to Lose Belly Fat Fast!**

*Sara McGaughy*

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Are you ashamed of your spare tire? Struggling to lose your love handles? *How to Lose Belly Fat Fast Without Extreme Diet or Exercise* was written for you! This book shows you how to lose weight naturally by harnessing the power of fat-burning foods.

This book focuses on diet & nutrition, but it's not the same old "eat less & exercise more" advice that you've heard before. You won't have to cut calories, eat foods you don't like, or exercise to the point of exhaustion in order to lose belly fat.

In this book, you'll learn how to lose weight without dieting. Author Sara McGaughy, a 42-year-old wife and mom, will teach you how to look at food in a totally different way. She will share her revolutionary "add, and then eliminate" approach to nutrition that helped her and dozens of her clients to lose belly fat fast!

### **MYTH VS. FACT**

This book begins by blasting myths about belly fat. You'll find out what the facts are, which will help you understand why gaining belly fat is so simple and why, until now, losing it has been so hard. You will also learn why belly fat is the most dangerous kind of fat, which will further motivate you to get rid of it once and for all!

### **HOW TO LOSE BELLY FAT WITHOUT WORKING OUT**

McGaughy, a certified fitness instructor, will tell you why exercise is not the solution. She will teach you how to lose belly fat without working out. While exercise is critical for improving and maintaining your physical health, it's only a small part of the formula for losing belly fat.

### **HOW TO LOSE BELLY FAT WITHOUT DIETING**

In this book, McGaughy will reveal the secret to getting rid of your spare tire. It's a brand new way of looking at food called "add, and then eliminate." It's not a diet! You will learn what the 15 best fat-burning foods are, how they burn fat, and--this is key!--how to incorporate those foods into your everyday diet. The "add, and then eliminate" method is inexpensive, convenient, and delicious!

If you're serious about learning how to lose belly fat, this book has got you covered. And it's not just about how to lose belly fat for women. This book teaches how to lose belly fat fast for women and men, too!

If you've tried to lose belly fat and failed, then it's time to try something new! It's time to try *How to Lose Belly Fat Fast Without Extreme Diet or Exercise*.

### **DAILY EATING PLANS**

This is the only book that you will ever need if you're serious about losing belly fat. You'll learn everything you need to know about fat-burning foods and how to easily work them into your everyday meals and snacks.

This book includes ideas for breakfast, lunch, dinner, and snacks. On this plan, you don't have to stick to a diet or follow a rigid meal plan. You'll get suggestions for 30 delicious fat-burning breakfasts. You'll learn how to create simple, fat-burning lunches that fill you up without filling you out. You'll learn the simple formula for making fast, fat-burning dinners. You'll also get ideas for 15 awesome fat-burning snacks. More importantly, you'll learn how to create your own fat-burning meals and snacks using the foods you like and already have in your pantry. This plan works for meat-eaters and vegetarians alike.

### **EXTRA CREDIT**

In addition to nutrition information, eating plans, and exercise tips, you'll also learn about how sleep and

stress affect belly fat. This is important information for anyone who wants to learn everything there is to know about how to lose weight.

Are you ready to lose belly fat fast? Grab your copy of *How to Lose Belly Fat Fast Without Extreme Diet or Exercise* today!

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Why? Because this *How to Lose Belly Fat Without Extreme Diet or Exercise: Harness the Power of Fat-Burning Foods to Lose Belly Fat Fast!* is an unordinary book that the inside of the book waiting for you to snap this but latter it will shock you with the secret the idea inside. Reading this book adjacent to it was fantastic author who write the book in such incredible way makes the content inside easier to understand, entertaining means but still convey the meaning fully. So , it is good for you because of not hesitating having this any more or you going to regret it. This unique book will give you a lot of advantages than the other book have got such as help improving your expertise and your critical thinking method. So , still want to hold up having that book? If I had been you I will go to the book store hurriedly.

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