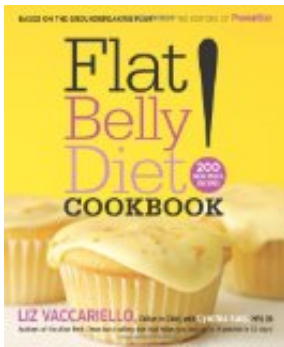


Published based on [Flat Belly Diet! Cookbook](#)

# Flat Belly Diet! Cookbook



Belly fat is not only unsightly, it's deadly; it has been linked to a long list of adverse health conditions, including heart disease, diabetes, and breast cancer. *Prevention's Flat Belly Diet*, a revolutionary plan that's already helped more than one million people lose weight around their middles, may help target dangerous belly fat with monounsaturated fats (better known as MUFAs)—found in delicious foods like nuts and seeds, vegetable oils, olives, avocados, and dark chocolate.

"The food...tastes so good, and there's so much of it!"

On the *Flat Belly Diet*, it's important to enjoy these foods, in the right amounts, with every meal. The *Flat Belly Diet! Cookbook* makes that easy. All of the recipes were carefully developed to make sure every meal includes just the right amount of MUFAs and meets the plan's 400-calorie guideline, so readers can mix and match meals to suit their taste. And there's no need to count calorie

Price:\$27.99

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