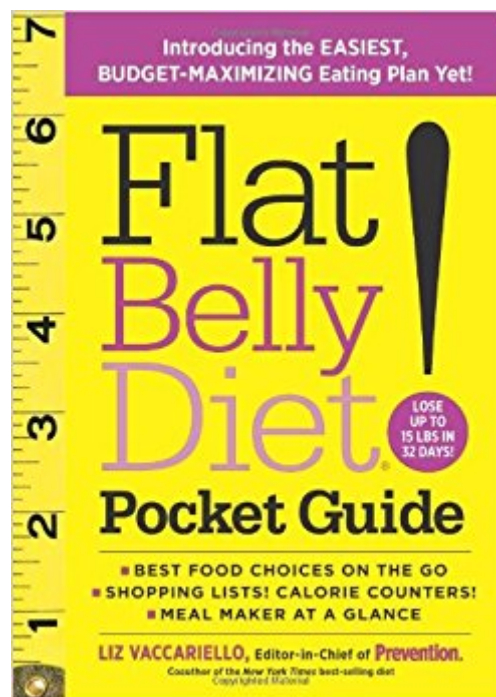




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# Flat Belly Diet! Pocket Guide: Introducing The EASIEST, BUDGET-MAXIMIZING Eating Plan Yet



## Synopsis

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.

## Book Information

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## Customer Reviews

Liz Vaccariello is the senior vice president and Editor-in-Chief of Prevention, the #1 healthy lifestyle brand and the 9th largest magazine in the nation, with more than 11 million readers.

I had originally bought this book years ago for my daughter as a joke because she was always complaining about her belly. A year after having the book she decided that the whole family should

go on the daily eating plan that it recommends. To my surprise it actually works and my daughter, husband and I not only lost a considerable amount of weight but our tummys also flattened. This "pocket guide" is so handy to bring to the market because of its size and grocery lists for the week. It works, it's healthy and you'll look fabulous!!!!!! She has her copy and now I have mine!!!!!!

I actually bought the full sized book, this pocket guide and the journal. I could have skipped the full sized book, and gone with just the pocket guide. The four day anti bloat diet was hard on day three, but I lost 5 pounds and it was do-able. The 28 day plan is in the pocket guide, and at the end of the 1st week I was down a total of 8 pounds. The best part is, there is nothing difficult about this diet. You can swap the meals around in the same day to accommodate your work schedule. You can substitute breakfasts for breakfasts, lunch for lunch, and so on. I wasn't fond of some of the meals, so I put in one that I liked. I also found the journal to be useful. It was easy to keep track of what I ate when I ate it. Usually I depend on my memory, and miss things. The standard book had success stories and recipes that I wasn't really interested in. I wanted a plan that told me what to eat..when...and was easy to do. The Pocket Guide does that. I did not find it expensive to buy the items on the plan, as there were substitutes which were more affordable. Since I already used many of the items, I didn't need to buy olive oil, walnuts or pine nuts, for example. I did not buy organic deli meat, I went with low sodium, roasted products. So far, so good. I'm on week 2 of the 28 day plan and I'm gradually losing weight and feeling satisfied. It's making me re-evaluate my relationship with food. I can eat healthy, lose weight, and enjoy what I'm eating. Hopefully, when I'm done with the 28 days, I can be wiser about my choices, and keep going. Time will tell. Anyway, I'd highly recommend this. Too many diets are difficult to do, and this is not. If you're looking for a basic plan with good food, this works.

I have not gone through the whole book yet. But I already owned the normal big book. So if you are thinking of getting one or the other just get this pocket guide. It has the grocery list and planned out menus. It is a lot smaller but packed with information. I was able to find the original book at the library and got it really cheap. I have ordered the other flat belly cookbook and the diabetes one also. I am trying to change the way I eat to more healthy. This book is a good start.

It's okay. I love the diet itself, I just found that the pocket guide was redundant information from the book. As far as the diet, I lost about 40 lbs in about 6 months. I follow my progress and discipline myself using the "My Fitness Pal" application on my iPad. I lost about a lb every 2-3 days. It was fun

watching it gradually go down.

I have lost 30 pounds and am still going!

Don't buy the digital version! the lists ...and there are many....are unreadable nor can the text be enlarged. For some reason the publisher thought it was a good idea to have the type face in all the different lists dimmed and very tiny! You won't be able to read it in the grocery store! Buy the actual book instead!

I love this book. I have never really counted calories, (have always counted carbs). As I get older, I am finding that losing weight is extremely hard. I bought the Flat Belly Diet Pocket Guide with hopes that this would be the answer. I do believe that 1600 calories a day is too much for me, to lose weight. I am using the book, but have cut the calories to 300 per meal, and have increase the exercise to burn some of the calories. I have arthritis, so exercise can be painful. Since it took a few years to put this weight on, eating really crazy, I suspect that it will take as long to take it off. I would recommend this book to anyone that wants to lose weight and doesn't mind counting calories. I lost 4 lbs in 3 weeks.

I don't do dairy. This was not a good choice for me. I'll stick with my raw foods green smoothies diet thank you.

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