



How to Lose Belly Fat Fast:: Healthy Eating & Exercise Guide to Lose Belly Fat Fast

Ray Tyler

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This easy to read and follow healthy eating and exercise guide to lose belly fat is aimed at giving you tips, guidelines and advice on the most practical ways of shedding that stubborn belly fat reasonably fast.

Among the things you'll learn from this guide include:

- Insights on why fats build up in the belly, foods that aid fat accumulation and why you need to avoid them.
- Key fat-bursting nutrients and foods that you need to eat to lose belly fat fast
- Best fat-fighting superfoods
- Guidelines on various choices of safe, healthy, fat-burning recipes for your breakfast, lunch and dinner.
- Safe and effective core exercises to help you slim down, regain abs and build lean muscle mass.
- How to have your body burn more calories with cardio exercises
- Handy toning exercises to speed up belly fat loss

... And much more

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