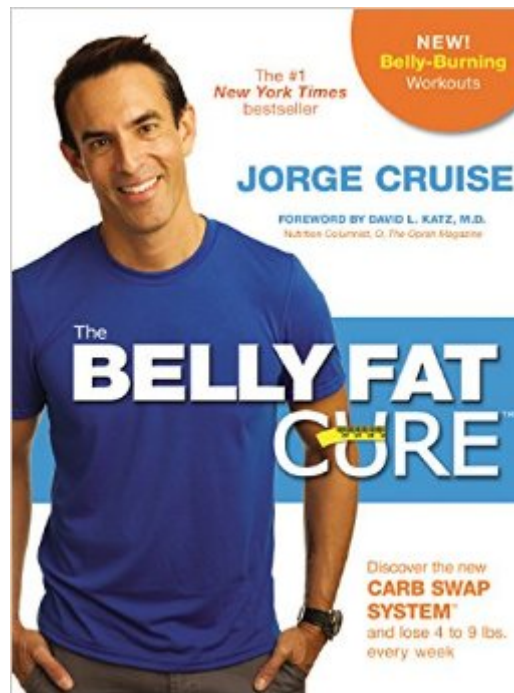


The book was found

The Belly Fat Cure®: Discover The New Carb Swap System® And Lose 4 To 9 Lbs. Every Week



Synopsis

For years, experts have told you that you're tired and overweight because you eat too much and don't exercise enough. They were WRONG. The truth is that you are eating foods packed with hidden sweeteners that deliver a belly-fattening Sugar/Carb Value. This simple guide makes smart eating effortless and affordable. This revised edition is updated with a completely new chapter "Simply Fit, with Belly-Burning Workouts" and includes more than 1,500 options customized for: carboholics, meat lovers, chicken and seafood fans, chocoholics, fast-food junkies, and even vegans! What are you waiting for? Dig in.

Book Information

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Best Sellers Rank: #25,992 in Books (See Top 100 in Books) #36 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #55 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat #67 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb

Customer Reviews

It's an exact repeat of his last Belly Fat Cure, just with like eight pages of exercises that you already know and probably do if you workout! I kind of feel shafted spending the \$10 that I did for literally a repeat with a couple pages added at the end! Also, Jorge is now saying to steer clear of whey protein because it spikes your insulin levels! So, if you've never bought his books, this is a good one, just ignore the whey protein suggestions! If you have the prior book(s), save your money!

I definitely am losing weight and inches off my waist, but it's difficult to find most of the brands recommended in the book. I've been to 5 grocery stores in my neighborhood and I still can't find the Orowheat Lite Whole Wheat bread or the Joseph's brands of various foods. I buy similar products which seems to work fine. You just have to look at the ingredients.

I have been studying nutrition and various diets for almost three years. Of all the materials I have read, this plan tops the list. It gets at the root cause of diabetes and obesity which is sugar, and gives people an easy to follow plan without being restrictive like paleo. It also is easy for people following gluten free, and can be adapted for vegetarians as well. Kudos to Jorge!

I love this simple-to-follow diet. It's easy for me to give up sugar. It's the carbs I have a hard time with. This diet allows plenty of carbs and works as long as you follow it. I didn't exercise at first until I lost a few lbs. I started to do cardio workouts 3 times a week along with the diet. It came off quicker. I also love that you can go out to dinner and not break the diet. Thank you Jorge Cruise for finding an easy diet to follow that works without so many restrictions.

You will lose weight if you follow this plan. I do not wish to limit myself this much. I did learn about looking at the amounts of sugar and carbs in what I eat. It is crazy how much sugar is in EVERYTHING! I bought this book and another one and both have valuable information I use, but I'm not going to restrict myself this much.

super book. First time I have consistently lost weight and belly fat in a long time. I recommend to all my friends. Trying to convince my family of the bad habit of too much sugar.

Really works well. the 1st week I lost 2.5" off my waist. It's easy to follow and the recipes I tried were really good. This seems more like an adventure than a diet.

This book just isn't helpful to me at all. I usually try to find a book that is written for the ordinary joe, using foods and recipes that would be considered....well.....ordinary is all I can think of. This book is not written for people like me. There are food items in there that I've never heard of.

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