



Lose Belly Fat Diet: The Easy 14 Day Plan: Includes workouts, shopping list, menu plans and recipes!

Sarah Davis

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Want to be Bikini ready in two weeks?

Sarah's easy 14 day plan includes everything to kick start your beach body journey.

Included in this book are:

Facts about belly fat

Tips for trimming belly fat

Food secrets to eliminate belly fat

Workouts to tone up and lose belly fat

Shopping list

Sample recipes

***AND* a 14 day plan**

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