



The
**New York
Times**
bestseller!

JORGE CRUISE

FOREWORD BY DAVID L. KATZ, M.D.,
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The

BELLY FAT CURE™

Original Cookbook

Discover the new
CARB SWAP SYSTEM™
and lose 4 to 9 lbs.
every week

Jorge Cruise

The Belly Fat Cure: Discover the New Carb Swap System™ and Lose 4 to 9 lbs. Every Week



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Drop 4 to 9 lbs. t exercise enough. re overweight because you take in an excessive amount of and don' weekly without dieting! They were wrong. What are you waiting for? This simple information makes clever eating effortless and inexpensive. It includes a lot more than 1,500 options customized for: carboholics, meat lovers, poultry and seafood enthusiasts, chocoholics, fast-meals junkies, and also vegans! The simple truth is that you are eating foods packed with hidden sweeteners that deliver a belly-fattening Sugar/Carb Worth. Dig in. For a long time, experts have informed you that you'



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IT WORKED FOR ME! I really like this simple-to-follow diet. It's easy for me to stop sugar. It's the carbs I possess trouble with. I have been on many diets in my life, but always gained the weight back again. Notified Amazon, for refund no response. 123 lbs eliminated in six months and it has stayed off for 10 yrs now. It arrived off quicker. I also love that you can venture out to dinner rather than break the diet. Thank you Jorge Cruise for finding an easy diet to follow that works without therefore many restrictions. Only strategy to use. sugar values BEFORE you stock up at the grocery store. That was five years ago, and I haven't gained a single pound back again. Get them out of your daily diet! This diet plan allows a lot of carbs and works as long as you stick to it. This is a forever diet that I am happy to live with. it works It worked for me personally.. While you could be a raving bitch, at least you'll be skinny. the author is easy to learn, and doesn't add a large amount of technical crap, simply puts his theory out there in common terms. I browse the book and he previously me convinced I possibly could lower my A1C level, therefore i tried it. If you don't cheat, it functions great. There are a lot of recipes of real good things to consume that are easy to make and not terribly expensive. If you seriously have to lose pounds or lower your sugars level, this functions great. So, I recommend this to anyone desperate to lose. I have lost almost 12 pounds since April, therefore i did not achieve the 14 pounds. graphs you need to use cannot be read all way across no matter how you lay it out. However, I think everyone's success is different from somebody else's. My very own fault; Nor perform a lot of people who invite you with their house for meals. And those two things are the basis of the diet. It's this easy life-style, and I can still go out to restaurants and find a number of meals to order. Well, a few weeks in, my partner decided she'd try to so after some more weeks, and me viewing how she and her sister had been doing, I decided to check it out. But I am in a position to stay with it and the weight is just dropping more slowly. If you love to cook, you can get all kinds of interesting carbless quality recipes online to fulfill your sweet tooth. If you like to bake, you can use almond flour, golden flaxseed flour, coconut oil, stevia powder and/or erythritol/xylitol to create very good substitute foods for your lovely tooth. Every diet I've ever done has needed intense exercise to lose weight while on it. Stated there were vegetarian options when there weren't any. Snacks can be almonds, pistachios, pecans and walnuts. If you don't need to try the Fast Monitor plan, the regular Belly Fat Cure book is much easier to follow. It offers even more carbs, like pasta, potatoes and fruit. This really works My wife's sister found this and she started it. She has lost about 40 lbs and 10 ins in 4 a few months.! I've now lost 30 lbs in eight weeks. Every doctor and expert explained I would have to live with it and would perscribe more medications. If loving carbs isn't your problem, you should do well eating proteins and low carbohydrate vegetables. That one didn't need any exercise, which includes helped my partner as she has a foot problem in fact it is hard for her to do any type of exercising. However now that the pounds are coming off, we're starting to do more things, walk even more, etc. because we've energy we didn't possess. If you value to cook I actually am in the STOMACH FAT Cure Fast Monitor version of Jorge's diet plan. Ineffective for Kindle owners! DO NOT Purchase FOR KINDLE. in 14 days that he advertised in the Fast Monitor book. I didn't workout initially until I dropped a few lbs. My neighbors will become happy to receive their fruit gift baskets, for sure. Well, they aren't poor foods, they just have sugar content A lot more than I ever imagined. I like (and agree with) the author. I've high hopes I will be successful using the program/diet. Changed my life! I EASILY lost 40 pounds in a short time, and was NEVER hungry. I've constantly thought that many vegetables and fruit were totally OK and "free" staples of healthful eating. I purchased this book extremely recently and have read the fundamental premise and studied the food list and recipes. Type of the idea of the reserve, duh on me. I have a ton of gorgeous organic apples and strawberries that i now realize

contain lots of natural sugars and should be limited. Additionally it is hard to stay religiously to it when you have to eat somewhere else than in the home because no restaurant offers meals with absolutely no white or wheat flour and zero sugar or glucose substitutes. This book demonstrates how to be on an anti-inflammatory diet and revel in all of the foods you eat. Read it just before you stock your pantry! Probably this comment is needless, but it would have helped me, as I tend to jump before myself whenever starting a new way of consuming and living: Browse the reserve and the carb & This book literally changed my entire life and I wish I'd have known about any of it years ago. I was within an auto accident and was coping with unbearable pain. It is a existence saver. I have never been overweight rather than thought sugar was a concern. My chiropractors wife asked if I had ever regarded as it may be something I was eating. She told me that sugar is the most inflammatory food in the globe and recommended this publication. After 24 hours of limiting my glucose intake I had alleviation with a number of the stiffness and within 3 times of changing my diet plan my discomfort dropped significantly! I just wanted to point this out to anyone considering the book and the plan. The recipies taste like a chef prepared them and everyone I've prepared for using the book wants to purchase it, this book is Existence CHANGING and I'll under no circumstances come off this diet! Weight loss manual This was a gift she's happy with it It is a diet book I liked just how they tell you to eat Could be good. Another plus side to this plan is that you can eat most dairy products, except milk and sugared yogurts. Four Stars Good comon sense stuff - quit all carbs and sugar It boils down to this: give up ALL carbs and sugars.... Two Stars ok 123 lbs eliminated in 6 months and it has stayed . I started to do cardio workouts 3 times a week along with the diet. Many thanks Jorge, you certainly are a life saver Five Stars Nice book



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