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BASED ON THE
#1 NEW YORK
TIMES
BESTSELLER

JORGE CRUISE

Featured on Oprah, Rachael Ray, and Dr. Oz

The

BELLY FAT CURE™

SUGAR & CARB COUNTER

REVISED & UPDATED EDITION
with 100's of New Items Added!

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Jorge Cruise

The Belly Fat Cure Sugar & Carb Counter: Revised & Updated Edition,
with 100's of New Items Added!



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"Jorge's dishes make eating smart easy. I would recommend them highly."— Andrew Weil, M.D.
Discover a large number of "Belly Good" items that make shedding pounds each week a snap.² Unlock the secret to weight loss that meals conglomerates don't want you to know. Transforming your health, energy, and waistline is as easy as 1, 2, 3:1. Stick to the main one simple menu that lets you know exactly what to consume to melt up to 9 pounds this week. With a bonus dining-out section featuring menu items from a few of your preferred restaurants, this extensive guide can help you appear and feel your very best in no time at all! Predicated on the revolutionary #1 NY Times bestseller that's changing just how America eats, this is actually the only supermarket guide that exposes the real cause of stomach fat and disease: concealed sugar!³.



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Pocket sized! I love that is a little book and it is PACKED with information with the S/C count for most things. Don't waste your cash on this book! It has been 3 months and my husband has lost almost 30 lbs! He didn't read some of Jorge's other books, just this one, and has been very successful. I bought the original book several years ago and shed all of my baby excess weight from my second child within per month (it had been amazing!) and have kept it off. The pounds are dropping, I can live w/o sugar! EAT LIMITED (& HEALTHIER) CARBS! The tenants are simple: AVOID SUGAR!!! Also, Barbara's animal cookies possess 5 sugars for a serving of 10. The quality recipes all appear great but have . It can work and I have tried everything. I'm pleased with the quality recipes and explained options for Not so healthy foods which produce the growing belly, may just deliver serious health problems, and typically may make you hungry quickly!Very useful book including recipes, yummy kinds, to use on this diet. I did not lose any pounds on this diet plan. There are pictures of substitutes for higher sugar content foods, I'm ready to run those healthful alternative sugar product names through Amazon therefore i can possess my cake and eat it as well without adding tummy rolls to the bod.Thanks for all the inspirational details in both of these books which are very helpful books together Jorge. Your encouragement in both books definitely gave me an excellent push! Great book! I came across this easy to check out and understand. Don't waste your money! There exists a brief summary of the BFC diet which was enough to get my hubby to understand what the diet was all about and just why it worked. You can't even come across strawberries outlined under fruit & other simple fruits & veggies. The bulk of the publication lists foods that have packaged labels on them so you can read the sugar & Should have ordered the book rather. Also, there are charts on the web re: any item of food & their content of sugars & Great to fulfill the sweet tooth. Shop at healthier shops like Sprouts, Trader Joe's, Costco, Whole Foods, etc. Can't wait for that flat belly!We also like his other book Belly Fat Cure Discover the new CARB SWAP Program. If you adhere to only 15 grams of sugar and 6 servings of carbs each day, the pounds does come off. I've lost 22 lbs. in 3.5 months. Much less fast as the reserve promises, but I've other health issues that trigger me release a weight slower than normal.. The sugar part is easy! I have already been using the low sugar concept to keep to create healthy quality recipes and meals, Did not work for me. Pretty good book!..to find products with low sugar. simply no sugar. Eating proteins at every meal helps with the weight reduction. Try Jay Robb's Whey Proteins in chocolate that is sweetened w/Stevia for a chocolate shake deal with by crushing ice in shake. simply no carbs. Cheeze-it crackers count as 1 carb & My fav snack is normally 25 Cheeze-it crackers with a Zevia Ginger Rootbeer on ice. Both are talked about in the reserve. This book clearly defines sugar and carb counts in comparative listings including what things to avoid and what things to be effective and revel in in this awesome weight loss program. carbs! If update restaurant name on each web page would be nice. Lost three pounds and now on day time 4! Jorge makes it simple!! I must lose fat, have passed that bad information number on the scale. Yum! Zevia is normally sweetened with Stevia with no glucose & Another legal deal with that counts as no sugar & simply no carb! Easy to check out and use excellent book. Very useful when out to consume.. I really do find the 6 serving of carbs limit a bit hard sometimes because I am a carb junkie. Hate it. The quality recipes all look great but have certainly not really been tested as none of the ingredient measurements are accurate! Points you in the proper direction This is simply not a one stop shop but can point you in the right direction. It really helps bring consciousness to the quantity of sugar in processed foods, If you are using this as a starting point to eating healthier after that it's a good resource, I followed the food plan and also did yoga many

times weekly. I slimed down really quickly and lost 20lbs. You need to browse the labels on everything because unfortunately there is sugar in almost everything! It does have a bit of perseverance and planning to start off running with knowledge of best foods to consume and poor consuming patterns to avoid. My child also tried the diet and did not lose. Nevertheless, I did feel like my tummy was just a little flatter and I didn't experience as bloated. I think this is a good and healthy method to eat as I did so not gain weight however, not a good diet for weight loss, at least not for me. Avoid Kindle Version This is terrible to attempt to read. Very disappointing. carb contents for yourself. Decent Needs to expand to other restaurants (not on the west coast) but a good resource. Anything under 5 sugars per serving will not spike your blood sugars. Three Stars ok wouldn't buy again not good for a kindle I didn't like this on my kindle couldn't read it like a paper back. excellent book. Hate it. Easy to check out and use. Two Stars didn't work good tips worth the read



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