



# **Effortless Fat Burning: The Ultimate Cookbook for Losing Weight - Abs Are Made in the Kitchen, Not the Gym**

*Richard Calhoun*

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## Watch Fat Fly Off With These Delicious Recipes

This recipe book contains 25 recipes that contain ingredients that can help you burn fat. There is a section that contains 13 recipes for Fat Burning Smoothies. There are an additional 12 recipes for breakfast foods, salads, and main dishes.

Creating a variety of interesting foods to eat that help you burn fat is one way to help maintain your weight.

## Recipes You Will Discover Inside

- Salmon with Greens
- Thai Broccoli Wraps
- Vanilla Coconut Smoothie
- Greek Yogurt Smoothie
- Cucumber Fresh Smoothie

## Would You Like to Know More?

If you are trying to lose or maintain your weight, the fat burning recipes in this book can help you stay on track. You will avoid eating the same foods every day because there are a variety of recipes to try.

There are recipes in this book for you to blend a smoothie, make a salad, or cook a meal.

So what are you waiting for? Scroll up and grab your copy of **Effortless Fat Burning** today, before the price increases!

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