

Flat Belly Cookbook For Dummies By Tara Gidus;Kristina LaRue

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Kristina LaRue , RD, CSSD, LDN of Central Florida Athletics under Tara Gidus Nutrition Consulting. Kristina also specializes a book, The Flat Belly Cookbook

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With the help of over 100 delicious and nutritious recipes. Flat belly cookbook for dummies will make sure each and every meal includes just the right amount of belly

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