

Flat Belly Cookbook For Dummies By Tara Gidus;Kristina LaRue

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Tara Gidus is the co-host of Emotional Mojo, Flat Belly Cookbook for Dummies, CDE and Kristina LaRue, RD.

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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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