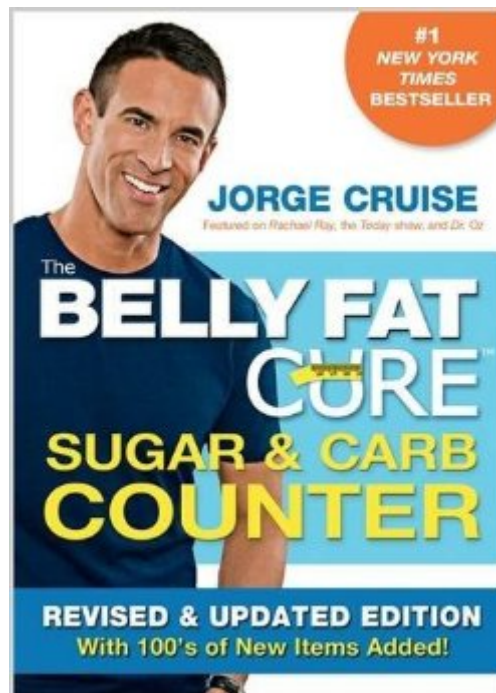


The book was found

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



Synopsis

“Jorge’s recipes make eating smart easy. I recommend them highly.” Andrew Weil, M.D.

Based on the revolutionary #1 New York Times bestseller that is changing the way America eats, this is the only supermarket guide that exposes the true cause of belly fat and disease: hidden sugar!

Transforming your health, energy, and waistline is as easy as 1, 2, 3:1. Unlock the secret to fat loss that food conglomerates don’t want you to know.

2. Follow the one simple menu that tells you exactly what to eat to melt up to 9 pounds this week.

3. Discover thousands of “Belly Good” items that make shedding pounds each week a snap.

With a bonus dining-out section featuring menu items from some of your favorite restaurants, this comprehensive guide will help you look and feel your best in no time at all!

Book Information

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Average Customer Review: 4.0 out of 5 stars See all reviews (199 customer reviews)

Best Sellers Rank: #19,955 in Books (See Top 100 in Books) #1 in Books > Health, Fitness & Dieting > Nutrition > Fiber #31 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #228 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

I love that this is a small book and it is PACKED with information with the S/C count for many things. There is a brief overview of the BFC diet which was enough to get my husband to understand what the diet was all about and WHY it worked. It’s been 3 months and my hubby has lost almost 30 lbs! He did not read any 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 weight from my second child within a month (it was amazing!) and have kept it off. The tenants are simple: STAY AWAY FROM SUGAR! EAT LIMITED (& HEALTHIER) CARBS!

Now don’t get me wrong, I LOVE the Belly Fat Cure, and thought this would be ideal to have the

carb info handy with me at all times. WRONG!! The Kindle version has not been indexed so you can't search for anything, and the information is in a text list with all the information crammed together. I gave this two stars for the Belly Fat Cure and no stars for the kindle version. In summary - NOT searchable, NOT readable, NOT a good purchase and I returned mine for refund.

I like the program, but the kindle version is very difficult to read the information as it runs together rather than in a chart form. Ended up spending more money to buy the book version.

I have been on diets all my life, this is finally one that I can live with. I never realized how much sugar is in things. 12 gms in milk alone. its crazy. Highly recommend this for folks who are trying to drop some weight

I am on The 100 right now....Jorge's latest book....I have lost 16lbs in three weeks! His system of sugar and carb counting is simple and it works! BrookeBooks sent me the used book quickly and like new as stated....

I've lost 10 pounds so far and I'm not hungry. The recipes are wonderful and use items that can be found at my local food store.

The vegetables that I think of as common were not included and the print was too small and cramped for my liking.

The Belly Fat Cure Sugar & Carb Counter by Jorge Cruise is the guidebook to the author's diet plan to help lose weight by cutting out hidden sugars and carbs in your diet. Learn how to do it quickly with this book and then use it daily as a guide to staying on plan to lose weight. The Belly Fat Cure Sugar & Carb Counter is the book in Jorge Cruise's program that acts as a handy little guide to counting your daily sugar and carb allowances. It doesn't spend very many pages explaining the diet or giving you pre-designed meal plans. It does however give a very fast intro to the diet, in an easily understood manner to get started with it right away. Personally, I really like this about it. I don't think it needs a hundred pages to explain something that is rather straightforward, so I like this short and simple approach to it. I won't say how many grams of sugar or carbs are allowed on this diet (buy the book to find that out!) but it is rather doable for most people, I think. Losing up to 9 lbs in the first week is enough to make me want to try this diet out soon. Plus, it doesn't eliminate carbs

and sugars all together like many other diets do. Those don't work for me, so just cutting back and not eating the hidden sugars will hopefully work for me. If you want to cut sugars and carbs down in your diet, but still eat some and lose weight, this is definitely a plan you'll want to look into. I recommend checking it out and of course, before starting any diet plan, talk to your doctor.* Thank you to the publisher of The Belly Fat Cure Sugar & Carb Counter, Hay House, for providing me with a copy of this book for review. All opinions expressed are my own.

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The Belly Fat Cure Sugar & Carb Counter: Revised & Updated Edition, with 100's of New Items Added! Sugar Gliders: The New Owner's Guide to Sugar Glider Care (Sugar Glider, Sugar Glider Care, Sugar Glider Books, Sugar Glider Facts, Pet Sugar Glider Book 1) Belly Fat Diet Book [Second Edition]: Your Path to a True Belly Fat Cure, and Staying Belly Fat Free for Life Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) Sugar Detox: Sugar Detox for Beginners - A QUICK START GUIDE to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Sugar Free Recipes Included Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb

lunches, low carb dinners,) Zero Belly Fat: Smoothies, Juices, Salads and Many Other Healthy Recipes to Lose Weight and Maintain Flat Belly (Weight Loss, Zero Belly Diet, Flat Belly Diet, Healthy Diet) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet BOX SET 3 IN 1: 30 Low Carb Snacks + 21 Low Carb Casseroles + 20 Low Carb Soups: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Fasting: The Intermittent Fasting Bible: Intermittent Fasting - Flexible Diet & Carb Cycling (Belly Fat, Ketogenic, High Carb, Slow Carb, Testosterone, Lean Gains, Carb Cycling)

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