



Flat Belly Diet! Gluten-Free Cookbook: 150 Delicious Fat-Blasting Recipes!

The Editors of Prevention Magazine

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The *Flat Belly Diet! Gluten-Free Cookbook* - by the editors of Prevention - shows readers how to follow the *New York Times*-bestselling plan with delicious foods that are easy to prepare and that are totally gluten-free. Readers can serve up belly-flattening meals like Cornmeal Flapjacks with Blueberry Syrup, Chipotle Turkey Chili, and Fettuccine with Broccoli Pesto. No diet is complete without dessert, which is why readers will love serving Dark Chocolate Chip-Banana Cupcakes, Fudgy Cashew Brownies, and Coconut-Almond Macaroons the whole family can enjoy?that is, if there's any left to share.

The key to the Flat Belly Diet is monounsaturated fatty acids, or MUFAs, healthy fats that have a waist-slimming effect and target the dangerous visceral fat that, in excess, can contribute to diabetes, heart disease, and obesity. Written for both those with gluten sensitivities and those who want to cut gluten out for good health and vitality, *Flat Belly Diet! Gluten-Free Cookbook* ensures that readers get a dose of MUFAs at every meal and reap all the benefits of a diet free from gluten.

This cookbook also includes the Four-Day Anti-Bloat Jumpstart, the four-week Flat Belly Diet plan with a two-week sample meal plan, and all the other tools readers need to create a gluten-free Flat Belly kitchen and stay slim?permanently.

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