

**Green Smoothie Recipes For A Flat Belly And Mexican Recipes
For A Flat Belly: 2 Book Combo (The Flat Belly Diet)
By Mary Atkins**



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Mar 31, 2010 Recipe by WhitneyLW "This doesn't even taste green! Feel free to play with the ingredients. I'm not sure how well other greens go in this smoothie, but

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if people include more lean protein in their diet, These nutrients help boost the metabolism and keep

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to Never Eat. Isabel De Los Rios, is a certified nutritionist and exercise specialist who has created Beyond Diet, How Do I Lose Belly Fat?

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<http://www.realsimple.com/food-recipes/recipe-collections-favorites/healthy-meals/green-smoothie-recipes>

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<http://www.doctoroz.com/article/dr-oz-flat-belly-plan>

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