

**Green Smoothie Recipes For A Flat Belly And Indian
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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Isabel De Los Rios, is a certified nutritionist and exercise specialist who has created Beyond Diet, Lose Belly Fat? plans with delicious recipes for each

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