



## 21-Day Tummy Diet: A Revolutionary Plan that Soothes and Shrinks Any Belly Fast

By Liz Vaccariello

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### 21-Day Tummy Diet: A Revolutionary Plan that Soothes and Shrinks Any Belly Fast By Liz Vaccariello

Based on the latest science, the *21-Day Tummy* diet targets excess weight and belly fat while addressing the most common digestive disorders, and is a fun, easy guide to healthy eating that will have you feeling great!

The New York Times best seller is now in paperback. As seen on *The Doctors*, and *Dr. Oz Show*, *21-Day Tummy Diet*, is based on the latest science, that targets excess weight and belly fat while addressing the most common digestive disorders.

**Relieve digestive issues** and shrink your waistline with the new, sensitive stomach meal plan from Liz Vaccariello, the New York Times® best-selling author of *The Digest Diet* and *Flat Belly Diet Series*.

**Lose the Belly Bloat and feel better fast** *21-Day Tummy Diet* is designed specifically for people with temperamental tummies. You'll whittle your middle and discover which foods protect you from the main causes of digestive discomfort.

**Say good-bye to your grumbling belly** and start feeling good again. Let the *21-Day Tummy* show you how!

Inside you'll find:

- An easy-to-follow 21-day eating plan that minimizes shocking Belly Bully foods that cause discomfort and weight gain, while piling on soothing Belly Buddy foods.
- more than 50 scrumptious recipes such as Tomato-Ginger Flank Steak, Chunky Chicken Couscous, Twice-Baked Potato with Pepper Hash, and Almost-Pumpkin Mini Pies.
- inspirational stories and advice from real readers who tried the plan—one lost 19 pounds, another 4 ½ belly inches, and everyone improved their digestive symptoms in just 3 weeks!
- an optional equipment-free workout plan that helps to both sculpt and sooth

your stomach with a mix of core strengthening, walking, and yoga.

**21-Day Tummy** is a fun, easy guide to healthy eating that will have a smaller, healthier you feeling better than, well, possibly ever!

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