



Flat Belly Diet! for Men

By Liz Vaccariello, D. Milton Stokes

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Eat your way to six-pack abs!

Flat bellies aren't just for wives and girlfriends! Now the *New York Times* bestseller *The Flat Belly Diet!*, the only diet that specifically targets belly fat, has been revamped just for men. With mouthwatering meals that fill you up and boost your energy, losing weight will never be the same.

You've noticed that your belly just hasn't stopped growing since you hit the big 4-0. You're not alone—once you hit middle age, that extra beer with the guys or last night's bucket of fried chicken starts to show itself—in the form of your belly, spilling out over your pants, putting your buttonholes to the test, and distancing you evermore from your toes. If no amount of sit ups, boxing workouts or early morning runs has deflated your flab the way it did when you were 20 years old, it's time to up your game.

Turn to *The Flat Belly Diet! for Men* to:

- Lose up to 11 pounds during the Four-Day Flat Abs Kickstart and up to 27.2 pounds during the Four-Week MUFA Meal Plan
- Eat five hearty, MUFA-packed meals a day
- Try the no-crunch exercise routines designed to burn fat and chisel your abs faster
- Make your own menu with over 140 easy and flexible recipes and quick-fix meals like Pizza for Breakfast and Grilled Flank Steak with Olive Oil Mojo Sauce.

Learn how to make better food and fitness decisions wherever you go—at work, on the road, or in a bar downing beer with your pals.

Enjoy satisfying and healthful foods while losing the weight you want. By using *The Flat Belly Diet! for Men*, you'll not only feel fit and cut, but you'll have better health, more energy and (of course) those six-pack abs!



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Editorial Review

From the Author

I welcome your questions via miltonstokes.com. Just click the link "Ask Milton." Best wishes for your journey toward improved health.

About the Author

LIZ VACCARIELLO is senior vice president and editor-in-chief of *Prevention*, the largest health magazine in the U.S., with nearly 11 million readers. Vaccariello, co-author of the *New York Times* best-seller *Flat Belly Diet!*, resides in New Jersey with her husband, Steve, and twin daughters, Sophia and Olivia. D. Milton Stokes, MPH, RD, CDN, has 20 years of experience in the areas of food and nutrition as a registered dietitian and restaurateur. A former spokesperson for the American Dietetic Association, he's written for *Cooking Light*, *Fitness*, *Self*, *The Washington Post*, *Ladies Home Journal*, *Men's Health*, WeightWatchers.com, and others. Milton lives and practices in Connecticut.

Users Review

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Jean Smith:

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