

THE FAT FLUSH FOODS

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The New Fat Flush Foods Ann Louise Gittleman

The Fat Flush Plan has empowered millions of people to take control of their health and well-being. Now, The NEW Fat Flush Foods contains the very latest cutting-edge diet and detox revelations about the most highly revered superfoods from your favorite comfort foods from childhood to new foods

<http://elevatecoworking.co/The-New-Fat-Flush-Foods--Ann-Louise-Gittleman--.pdf>

Fat Flush Diet Foods Livestrong com

The Fat Flush diet has three phases and allows only specific foods and beverages. Phase I is a 2-week quick-start that limits daily calories to 1100 to 1200. Phase II adds carbohydrates, increases calories to 1500 and is followed until you reach your target weight.

<http://elevatecoworking.co/Fat-Flush-Diet-Foods-Livestrong-com.pdf>

The Fat Flush Plan Liver Cleansing Tips Healthline

The Fat Flush Diet promises to cleanse the liver, which, in theory, will help melt fat and cellulite away from the waist, hips, and thighs. The diet also promises increased energy and metabolism

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