



Flat Belly Diet! Family Cookbook: Lose Belly Fat and Help Your Family Eat Healthier

Liz Vaccariello, Sally Kuzemchak RD

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The foods featured in the *New York Times* bestseller *Flat Belly Diet!* not only help women lose belly fat, they also happen to make delicious and healthy meals for the whole family. So that dieters can sit down to dinner with everyone, without having to cook special foods separately for themselves, the *Flat Belly Diet! Family Cookbook* features 150 scrumptious family-friendly classics (with a healthy MUFA twist), such as White Pita Pizzas and Baked Chicken Parmesan, and sweet treats, like the Choco-Nut Sundae and Peanut Butter No-Bake Bars. Each all-new recipe features belly-flattening monounsaturated fatty acids (or MUFAs), found in nuts and seeds, vegetable oils, olives, avocados, and dark chocolate.

The book also features:

tips and advice on getting kids (and spouses) to adopt healthy eating habits

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