



# Flat Belly Diet! Journal: Write Your Way to a Flatter Belly

*Liz Vaccariello*

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*Prevention's Flat Belly Diet!* revealed the secret ingredients to target deadly belly fat?food and attitude. With the *Flat Belly Diet! Journal* by Liz Vaccariello, you now have the essential tool to help you track what you eat and mentally focus on your commitment to changing your life?and your belly?forever.

Including your 4-Day Jumpstart Menu, your MUFA Serving Chart, and your Flat Belly Workout Basics for easy reference, this beautifully designed journal gives you all the space you need to record your favorite Flat Belly meals, hone your Mind Tricks, and delve into your Core Confidences. These simple techniques are the key to a flatter belly . . . and a longer, healthier, happier life.

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