



Eat This, Not That! for Abs: The Ultimate Six-Pack in Less Than Six Weeks--and a Flat Belly for Life!

By Mark Langowski

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Eat This, Not That! for Abs: The Ultimate Six-Pack in Less Than Six Weeks--and a Flat Belly for Life! By Mark Langowski

Strip away belly fat and unveil lean, hard, rippling abs with the power of simple swaps and the scientifically proven new diet system from the bestselling authors of Eat This, Not That!

Can you get abs in just five weeks by eating bacon, pizza, burgers, even ice cream? Yes, you can with the unique eating and exercise program from celebrity trainer Mark Langowski and *Eat This, Not That!*

Using groundbreaking new science, you'll eat whatever you want for two weeks at a time, focusing on fat-burning, muscle-building foods like burgers, steak, and even pasta. Then you'll use a simple but effective 4-day cleanse to shred away fat, unveiling a lean, fit physique so quickly, you'll be shocked by the results.

The secret lies in the power of simple swaps. You'll discover how you can cut hundreds of calories out of your day while still enjoying the foods you love. And as you feast on your favorites, you will:

- **Lose body fat—as much as 12 pounds in 2 weeks!—without ever feeling hungry or deprived.** Discover how choosing a barbecue beef dish over a chicken salad at Chipotle can save you nearly 270 calories and 25 grams of harmful fat!
- **Boost your metabolism—instantly!** Use the unique two-phase diet and fitness plan to jumpstart your body's natural furnace and start melting fat 24/7.
- **Shred down to abs in just 4 days!** The unique LEAN phase of this program will strip away body fat even as your metabolism continues to rev.
- **Build a lean, solid core—without crunches!** Get up off the floor and start having fun with exercise! With this unique workout program, you'll never get bored or frustrated, and you'll watch the pounds melt away.
- **End inflammation, and cleanse and heal your body naturally.** This unique plan explains how lauric acid, a common but entirely avoidable additive in our food, creates inflammation throughout the body, leading to weight gain no matter how hard you try to diet and exercise. Lose it—and heal!

With a complete, easy-to-use eating plan that works for everyone, a simple and

effective workout program, plus delicious recipes for meals, snacks, and even desserts, *Eat This, Not That! for Abs* is fastest, most effective plan ever designed to strip away belly fat and get you the lean, hard midsection you deserve!

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Nichole Gibson:

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Debra Daniel:

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