



The Belly Burn Plan: Six Weeks to a Lean, Fit & Healthy Body

By Traci D. Mitchell

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The Belly Burn Plan: Six Weeks to a Lean, Fit & Healthy Body By Traci D. Mitchell

Say goodbye to unsightly and dangerous belly fat in just three weeks with this easy-to-follow diet and exercise program—includes 65 recipes.

Muffin tops, love handles and pot bellies have finally met their match with *The Belly Burn Plan*, an easy-to-follow diet and exercise program that yields measurable results in just six weeks. Developed for the millions of men and women with too much belly fat, *The Belly Burn Plan* will help you shed belly fat fast and for good in just three steps:

Eat Right for Your Body Type: Discover the best foods for your metabolism to lose weight naturally.

Get Moving: Shorter, targeted, high-intensity interval training (HIIT) workouts tailored to your fitness level help improve glucose metabolism and fat burning.

Stress Less, Sleep More: Make the lifestyle changes that will have a lasting impression on your body and overall health.

Linked to heart disease, diabetes, and metabolic syndrome, belly fat isn't just unsightly, it can be dangerous to your health. You have the power to not only change the way you look, but also how you feel. *The Belly Burn Plan* kicks off with an effective 3-Day Cleanse and includes 65 quick and easy recipes that will blow your taste buds away while shrinking your waistline.

Prepare to say goodbye to belly fat and hello to a lean, healthy body.

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Editorial Review

Review

"I've known Traci for over ten years, throughout which she's remained passionate about diet and exercise. Traci connects with people who face weight loss challenges by simply and easily breaking down how specific foods behave in the body, particularly as it relates to visceral fat. I'm a believer in an integrative approach in working with my patients, which is why I'm happy to refer them to Traci and her progressive approach to nutrition and fitness. Every patient that has had an opportunity to work with Traci has had a productive and positive experience." -Abbie Roth, MD, Northwestern Memorial Hospital

"Traci is a hidden gem in the world of diet and exercise. As a contestant on The Biggest Loser, and someone who greatly values fitness and nutrition myself, I find Traci's approach and advice both relatable and reliable. I'm confident her contributions in publishing will reach the masses, preaching her style of no-nonsense clean eating and tough (but always worth it) workouts." -Courtney Crozier, The Biggest Loser Season 11

From the Back Cover

Say goodbye to belly fat and hello to a lean, healthy body—in just six weeks!

Muffin tops, love handles, and pot bellies have finally met their match with *The Belly Burn Plan*, an easy-to-follow diet and exercise program that will help you shed belly fat fast and for good in just three steps:

3-Day Cleanse: Give your body the kick start it needs by reducing inflammation and clearing out toxins that are clogging up pathways in your liver, arteries, and other parts of your body.

Eat Right for Your Body Type: Are you an Apple, Pear, Inverted Pyramid, or Hourglass? The answer may surprise you. Discover the best foods for your metabolism and learn how to lose weight naturally with weekly meal plans and 65 quick and easy recipes.

Get Moving: Transform your body with high-intensity interval training (HIIT) workouts you can do anywhere at any time, whether you're at a beginner, intermediate, or advanced fitness level.

Linked to heart disease, diabetes, and metabolic syndrome, belly fat isn't just unsightly, it can be dangerous to your health. You have the power to change not only the way you look, but also the way you feel. *The Belly Burn Plan* is filled with all the guidance, tools, and inspiration you need to make the lifestyle changes that will have a lasting impression on your body and overall health.

About the Author

Traci D. Mitchell is a nationally recognized fitness, nutrition, and weight loss expert who has been featured on numerous news programs, publications, and radio shows, including the *LA Times* and *The Steve Harvey Show*. A certified personal trainer and metabolic typing adviser, Traci has been changing the lives of others for fifteen years. She lives in Chicago.

Users Review

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Troy Jones:

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