

# Pressure Cooker Recipes For A Flat Belly & Slow Cooker Recipes For A Flat Belly: 2 Book Combo (The Flat Belly ) By Mary Atkins

**By Mary Atkins**

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The true key to this diet is the soup. It is day 7, I just made huge noodle sized pot #3. My husband had two bowls this whole week, I ate the rest.

weight loss and health, including low-carb menus, food lists, and recipes, ketosis, the glycemic index, and more. Advertisement. Atkins Diet Information;

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