

**Slow Cooker Recipes For A Flat Belly (The Flat Belly  
Diet ) By Mary Atkins**

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Lose Belly Fat ; Lose the healthy slow cooker recipes make healthy eating a snap. The Lose 10 Pounds in 30 Days Diet: Dinner Recipes Under 500 Calories.

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Feb 27, 2013 this obviously isn't a diet recipe but it is very easy. Ingredients: Pork belly Soy & Honey Slow Cooked Pork Belly Slices recipe,

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