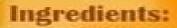
FLAT BELLY

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6 cups of filtered water

1 thsp of grated ginger

1/2 cup of halved grapes

1/3 cup of cantaloupe chunks

1 lemon sliced

Let the mixture infuse overnight

Drink it all the next 2 days

Please talk to your health practitioner before changing your diet





Flat Belly Diet Water Recipe

Albert A Gayle

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