

FLAT BELLY

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Ingredients:

6 cups of filtered water

1 tbsp 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*

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Flat Belly Diet Water Recipe

Albert A Gayle



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