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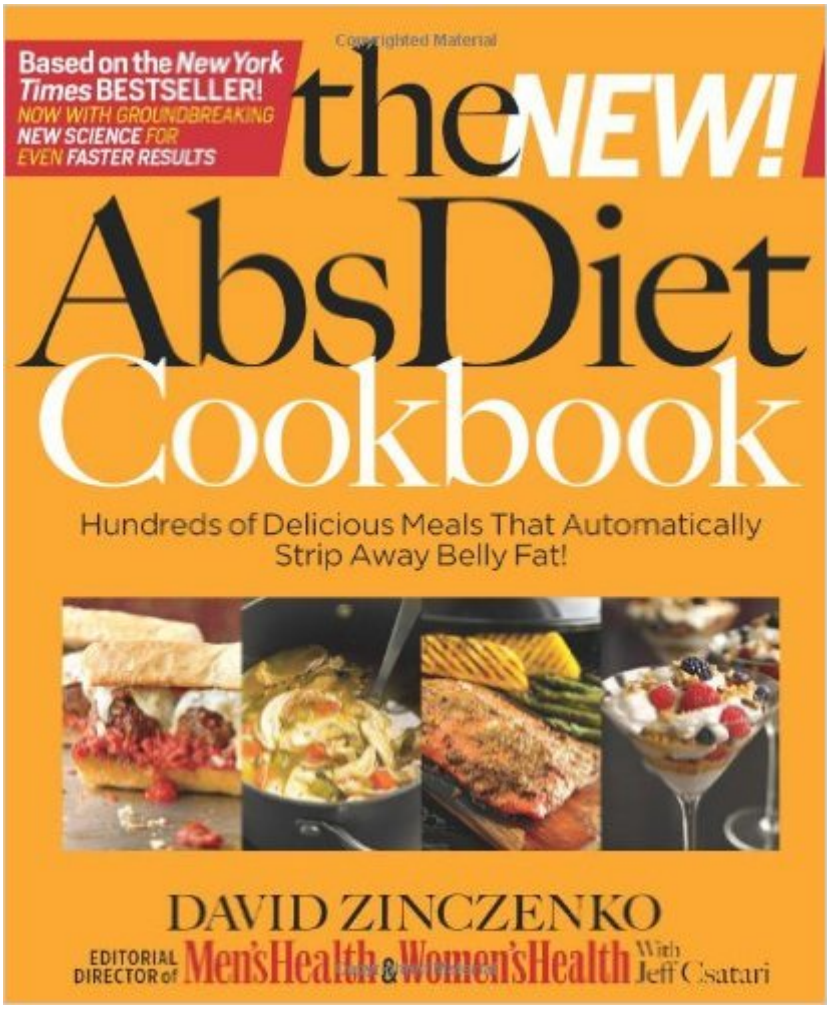
The New Abs Diet Cookbook: Hundreds Of Delicious Meals That Automatically Strip Away Belly Fat!



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Synopsis

A delicious follow-up to the groundbreaking The Abs Diet, this cookbook delivers more than 200 healthy, mouthwatering breakfasts, lunches, dinners, snacks, desserts, and outdoor grill favorites. Each recipe incorporates one or more of the Abs Diet Power 12 Foods such as almonds, spinach, turkey, and olive oil that are scientifically proven to burn fat and build muscle. The meals in this book take the guesswork out of weight loss and make calorie counting unnecessary.For beginners and seasoned cooks alike, this selection of classic and innovative meals such as Fig andProsciutto Tortilla Bites, Walk-the-Plank Grilled Salmon with Grilled Pineapple, and Blackberry Parfait Martinis makes losing weight and eating healthier both easy and delicious. Special features include speedy meals that take under five minutes to prepare, a beginner's guide to food-prep basics, and The New Abs Diet Cheat Sheet and Portion-Distortion Decoder.Based on cutting-edge nutrition research on how to prevent high cholesterol, diabetes, and heart disease with tasty, healthy foods, The New Abs Diet Cookbook - by David Zinczenko with Jeff Csatari - is the perfect weight-loss guide for anyone who despises dieting and loves eating.

Book Information

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Customer Reviews

I grabbed this cookbook the first week it was available. First, it's worth mentioning: great printing, pictures and overall physical quality. I have The Abs Diet for Women and found myself wishing there were more recipes and food suggestions. Pairing this cookbook with The Abs Diet book has been very successful in terms of daily food intake for me because it adds much more variety, and I feel

others will have the same experience. I'm very glad I invested in this cookbook, the recipes are new and delicious!

I have several of the Abs Diet books and was worried the recipes in this book would be repeatitive, boy was I wrong. There are so many new recipes. The ones I have tried are delicious and so quick to fix. The ingredients are things you have in the pantry already. My husband even loves when I cook from this book.

There are so many good things to say about the New Abs Diet Cookbook. I just don't know where to start. The recipes are all about the 12 power foods which are so healthy and delicious. You really don't have to worry about counting calories. This is a diet for life, just good healthy eating that is slimming and energizing. I absolutely love the smoothie recipes! Regular smoothies and eating 6 times a day is encouraged, so you will never be hungry. I recommend this cookbook to Everyone!

This is the best cookbook I have ever bought. The recipes are very simple, but very flavorful. I liked the information that was in the first twenty pages because it explains the ideas behind the diet. Since purchasing this book, I have also bought the companion text, which elaborates on the first twenty pages of the cookbook.It's a little expensive to get started, buying all the groceries that are needed for most of the recipes, but ingredients repeat themselves throughout the entire book. After the first two weeks of cooking solely from this book, I found that I only needed to pick up one or two things from the store for meals.I honestly cannot praise this book enough. I also would like to report that I lost over five pounds in the first two weeks :)

Purchase the Cook Book instead I also purchased the items to read on my kindle fire I have the hard copy and the kindle fire appI went from 290 to 265 in 2 Months and I was never Hungry the thing was not so much the weight but the inches I lost 44 waist to a 40 I worked out for the first 30 days and feel of the wagon but I keep eating the same and I am still losing weight but I should really work out a little .The product works as expected and I would purchase the item again.Thank you all for taken the time to post a review .I purchased this item based from information on so I will be going back to all the items I purchased and leaving a review.I usually only purchase items online or in the store if I am able to get real reviews from .comNo I do not work for

I love how easy the recipes are. You won't have to buy unfamiliar ingredients for this. There are a

few recipes that have stuff that you won't use all the time but a huge majority of ingredients are foods that most of us would buy anyway. I have another recipe book that focuses on clean eating and the Abs Diet Cookbook by far has better and more realistic recipes that are delish! Oh yeah...and a lot of them are quick!

I love the abs diet, and followed it a few years ago before having my babies. 5 years, 2 kids and 6 months after delivery I struggled with the last 10 lbs. I returned to the abs diet and saw results immediately! It's concise, easy to follow, plus the meals are delicious. For simplicity and easing into it I give it an A+, I'm a busy mom whose husband is military and gone often so I need easy and pleasing to my family. I eat a much more plant based diet than he shows, so if you have exceptions you want to adhere to, I recommend reading the entire abs diet. It explains in depth the nutritional content you are requested to eat for success. For example, instead of yogurt in my smoothies, I add black strap molasses and probiotics (to fill in the calcium and probiotics in his recommendation of yogurt) In lieu of meats, I sub beans and romaine lettuce (yes it has protein!) . I'm not a vegan, but I try to limit my animal products and because of the knowledge he gives me in the book, I have been successful at subbing out. 9 lbs down the first 2 weeks, and much noticed firmness. I do the workouts too, for the most part! Highly recommend this book.

Hardback book. Lots of good information and way to help get rid of belly fat. Recipes are flavorful and do not require a lot of supplies or time to put together.

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