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The diet is an offshoot of "The Abs Diet," a similar book and program designed for both men and women. In the diet, Zinczenko recommends eating a variety of healthy fats and exercising regularly in order to get a flat, toned stomach.

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The New Abs Diet for Women The Six Week Plan to Flatten

The New Abs Diet for Women: The Six-Week Plan to Flatten Your Stomach and Keep You Lean for Life [David Zinczenko, Ted Spiker] on Amazon.com. *FREE* shipping on qualifying offers. Easy to follow, easy to stick to, and more satisfying than a great-fitting pair of jeans, The New Abs Diet for Women - by David Zinczenko with Ted Spiker - has been retooled with groundbreaking new science for even

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Abs Diet for Women Diet Review Diets in Review

The Abs Diet for Women is a solid approach for making your waistline smaller while helping rid you of pounds and potential diseases.

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ABS Diet for Women by David Zinczenko Goodreads

My diet book research continues, perusing the "for women" version of The Abs Diet, seeking how dieting messages may be packaged differently for men and women. Strikingly, the male and female versions of this diet book are quite similar.

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The New Abs Diet for Women The Six Week Plan to Flatten

The New Abs Diet for Women: The Six-Week Plan to Flatten Your Stomach and Keep You Lean for Life 3.2 49 5 1 by David Zinczenko , Ted Spiker (Editor) David Zinczenko

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Six Pack Abs Diet for Women Livestrong com

The Abs Diet, and its sequel, The Abs Diet for Women, was created by Men's Health magazine editor-in-chief David Zinczenko, who claims his diets can help people achieve the coveted six-pack abs.

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The Abs Diet for Women menshealth com

The Abs Diet will teach you to focus on (not restrict yourself to) a handful of food types -- the Abs Diet Power 12 -- to fulfill your core nutritional needs. These foods are all good for you.

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