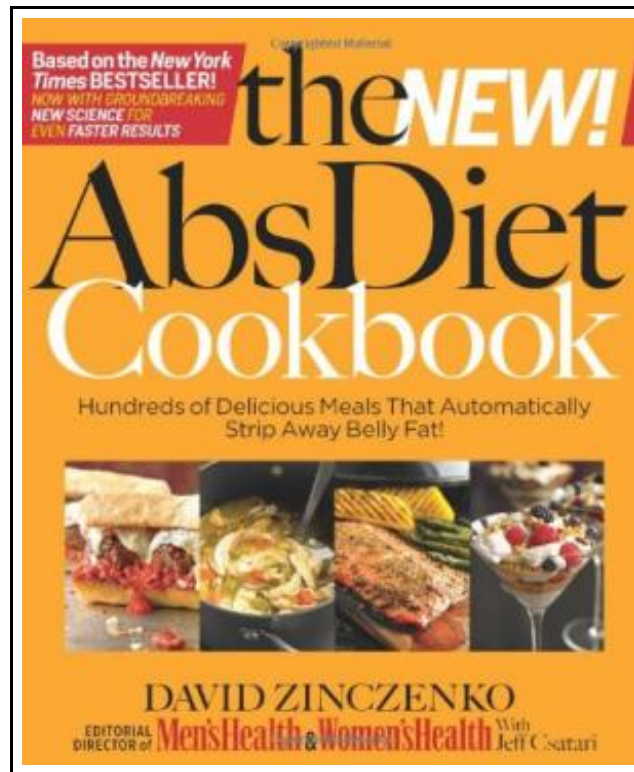


The New Abs Diet Cookbook



Filesize: 6.52 MB

Reviews

This ebook is very gripping and fascinating. It is among the most awesome ebook i have go through. I found out this publication from my i and dad advised this ebook to understand.
(Olen Shields PhD)

THE NEW ABS DIET COOKBOOK



To read **The New Abs Diet Cookbook** eBook, you should follow the hyperlink under and download the document or have access to other information which are highly relevant to THE NEW ABS DIET COOKBOOK book.

Rodale Press. Hardcover. Book Condition: New. Hardcover. 304 pages. Dimensions: 9.2in. x 7.5in. x 1.1in. 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 and Prosciutto 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 beginners 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 is the perfect weight-loss guide for anyone who despises dieting and loves eating. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Hardcover.



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