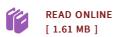




## The New Abs Diet Cookbook

By David Zinczenko

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 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 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...



## Reviews

Great eBook and beneficial one. Yes, it is actually play, nevertheless an amazing and interesting literature. I found out this book from my i and dad recommended this ebook to understand.

-- Jessyca Lubowitz I

Undoubtedly, this is the finest job by any article writer. it had been writtern very perfectly and beneficial. Its been printed in an exceedingly simple way in fact it is only following i finished reading this ebook by which basically modified me, modify the way in my opinion.

-- Lane Dicki