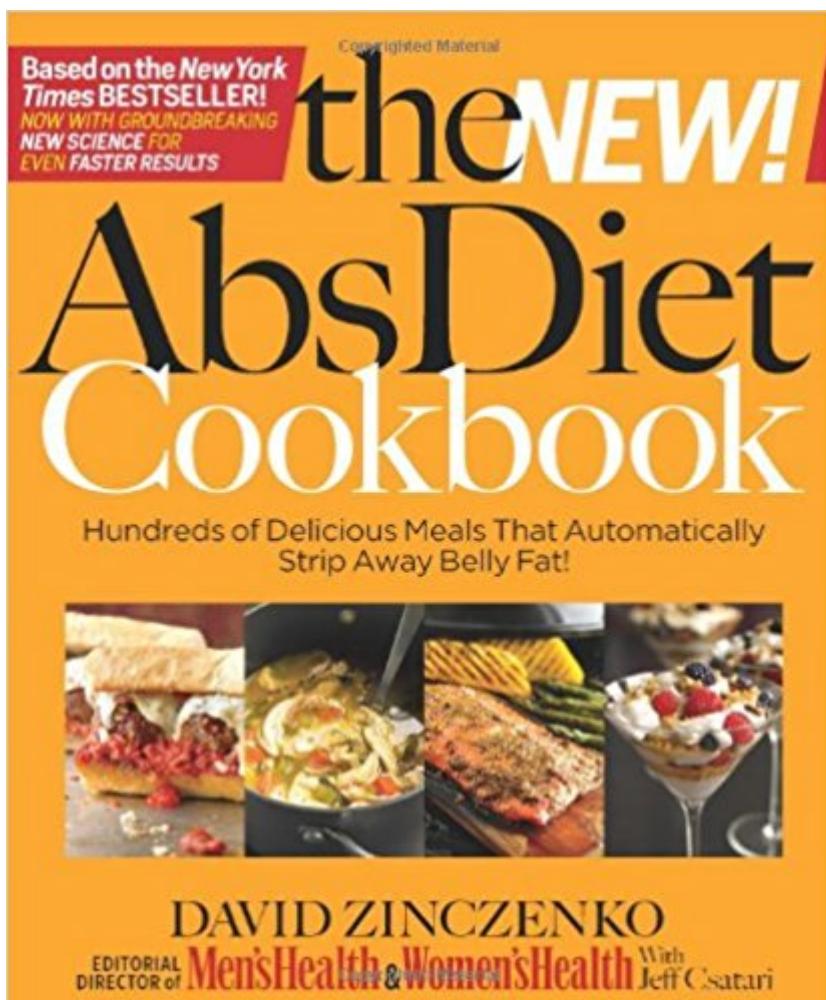


The book was found

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



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 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 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

Hardcover: 304 pages

Publisher: Rodale Books; 1 edition (December 21, 2010)

Language: English

ISBN-10: 1605293148

ISBN-13: 978-1605293141

Product Dimensions: 7.8 x 25.4 x 242.3 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 123 customer reviews

Best Sellers Rank: #67,942 in Books (See Top 100 in Books) #7 in Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts #132 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation #226 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

Customer Reviews

DAVID ZINCZENKO, editor-in-chief of Men's Health magazine, is the author of the New York Times bestsellers *The Abs Diet* and *The Abs Diet for Women*. JEFF CSATARI, contributing editor for Men's Health, is the author of the New York Times best-selling *The Belly Off! Diet* and *Your Best Body at 40+*. He lives in Bethlehem, PA.

I purchased this book as a supplement to The New Abs Diet for Women. It has a more comprehensive list of smoothies, as well as breaking food up into breakfast, lunch, dinner, side dishes, and desserts. It offers pearls throughout the book to keep you on track as well. Each chapter of the book, as well as the beginning, gives the reader an overall rundown of why you're eating what you're eating, though it's not as comprehensive as The New Abs Diet books. A word to the wise, though: the author has released a new series called "Zero Belly Diet" that has more updated science, as well as some new key recommendations such as using plant-based protein powder instead of whey. In a July 2015 interview, the author stated: "The recent research I've done for my Zero Belly Diet plan convinced me to make plant-based smoothies a part of my daily routine. I've traded in whey protein for vegan protein powders, because more and more studies show that plant protein is critical to longevity." I believe I am going to go ahead and purchase the Zero Belly series to read in addition to the Abs Diet simply because The New Abs Diet for Women has been an easy plan to follow. I can foresee going the distance with this plan and realistically making it a lifestyle change versus simply losing up to 20lbs in 6 weeks--though that is fine by me as well. 3 days in and I'm already down almost 5 lbs. Definitely worth the extra investment to really amp up your plan.

Love it! I told my sister the other day I would like to carry this book around with me. Good recipes, smoothies and ideas added to all the others for the Abs diet. I've turned into a smoothies follower and this book contains enough plus regular recipes to get and keep you going, and thoughts to create recipes of your own.

Recipes are quick and easy to make. Some of them actually taste pretty good for not being gourmet, others, well let's just say I won't be making them again. Overall there are plenty of recipes to pick from and other helpful tips such as a glycemic index, how to read food labels, and "how to" grocery shopping.

Great layout...www excellent diet.

The meals are super easy and quick --- which is really key for feeding a hectic family on a weeknight. This really ought to be paired with the Abs Diet books (women or men), but if you're just looking for some quick recipe ideas that you won't feel gross about eating, this is a good choice for

that as well.

Okay

I love this book. Most of the recipes are delicious and easy to make, and once you get the general idea behind what types of food are best for you abs you can branch out and create variations of the recipes or just make up your own and still get flat abs ;-). It didn't get five stars only because some of the recipes are how to make a meal with processed ingredients (such as frozen pancakes and jam) and I don't think that could ever actually be "healthy". Other than that, it's a great recipe book!

I haven't read the entire book yet, but what I have read is as informative as the Abs Diet book as far as how your body handles food. That was the real helpful thing to me. Once I started understanding the basics of how food interacts with my body, it helped me make better choices when deciding what and how to eat. I've already started incorporating some of these recipes into my daily diet. They are delicious and fairly easy to prepare. It does take a little preparation to decide what you will be preparing for the week and then make a shopping list and do the shopping, but if you can do that a few times, it becomes easier. But that's like any grocery shopping, just make good choices when buying the food. And stay within the portions! I hope this helps.

[Download to continue reading...](#)

Flat Belly Diet: The 14 Day Challenge - Flat Belly Diet Cookbook: Flat Belly Diet for Women, Flat Belly Diet for Men, Flat Belly Recipes, Eat ... Belly, Flat Belly, Flat Belly Diet (Volume 1) The New Abs Diet Cookbook: Hundreds of Delicious Meals That Automatically Strip Away Belly Fat! BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) ABS: The Ultimate Guide on How to Gain Six Pack Abs Fast (Abs Exercise- Abs Bible- Abs Diet for Men- Abs Diet for Women- Abs after 40 - Abs over 40) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) The New Abs Diet Cookbook: A Hundreds of Powerfood Meals That Will Flatten Your Stomach and Keep You Lean for Life! (The Abs Diet) Low Carb Diet: Burn Fat! Discover Delicious Recipes! And Lose Weight FAST! (Gluten Free Diet, Candida, Atkins Diet, Celiac, Fibromyalgia, Diabetes, Cancer, ... Belly, Grain, Brain, Epilepsy, Belly Fat) The Abs Diet 6-Minute Meals for 6-Pack Abs: More Than 150 Great-Tasting Recipes to Melt Away Fat! Wheat Belly: Wheat Belly Slow Cooker: 30 Delicious Grain-Free Slow Cooker Recipes for

Beginners (Wheat Belly, Wheat Belly Slow Cooker) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) Belly Fat (3rd Edition): 51 Quick & Simple Habits to Burn Belly Fat & Tone Abs! How to Burn Belly Fat: 37 Fitness Model Secrets to Burn Belly Fat (Abs, Ab Workouts, Healthy Living Tips) Burn Belly Fat: 31 Ways to Melt Fat Around Your Belly & Tone Your Abs! Belly Fat: 51 Quick & Simple Habits to Burn Belly Fat & Tone Abs! The New Abs Diet for Women: The 6-Week Plan to Flatten Your Belly and Firm Up Your Body for Life (The Abs Diet) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Soup Diet Cookbook: No Wheat; No Gluten; No Hunger; No More Belly Fat!: 35 Yummy Soups and Smoothies to Lose Weight and Belly Fat Naturally Without Hunger; ... Friendly (How To Cook Healthy in a Hurry) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)