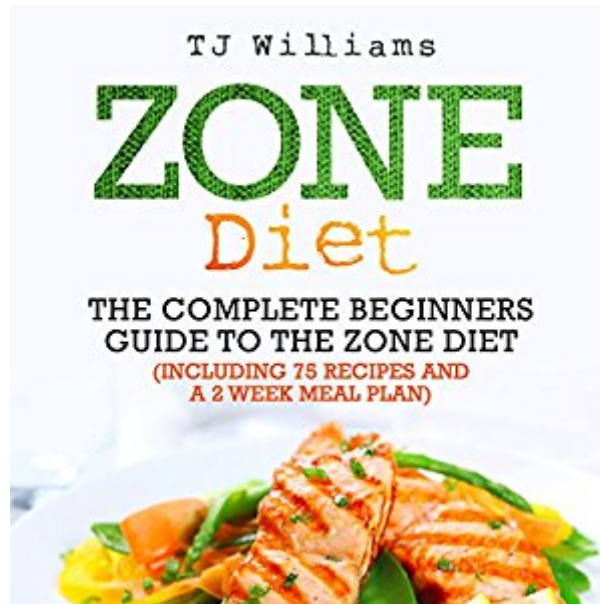


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# Zone Diet: The Ultimate Beginners Guide To The Zone Diet: Includes 75 Recipes And A 2 Week Meal Plan



## Synopsis

As you spend your first few days at your cross-training gym, you may be very excited to find out more about the various exercises that are involved, weekly training plans, clothing, and equipment. A well-balanced diet plan can be overlooked at times, but it's a crucial component to providing you with the fuel to get the fitness, performance, and the physique of your dreams. I've worked with hundreds of clients over the last couple of years who misinterpret the meaning of training hard as many of them used to think that bodybuilding or fitness is done only at the gym. But that is not true. There is a popular saying across the fitness industry that states 30 percent of the fitness you gain is from the gym and 70 percent from the kitchen. The exact percentage is likely to fluctuate based on the individual and their goals for training, but the premise is accurate. Most of your gains (approx. 2/3 to 3/4) will be made from nutrition alone. Yes, you heard it right! While your personal trainer may have talked to you about Paleo diet, which is a very popular nutrition strategy, they may have omitted another useful dietary routine going by the name of the Zone diet. What is the Zone diet? This is a diet form that primarily consists of consuming foods with high protein and low carbohydrates on five equally balanced meals that span throughout the day. This book will introduce you to the Zone diet, its benefits, and how to implement it into your life with 75 recipes and a two-week meal plan. Here's a preview of what's inside: Origins of zone diet Basics of the zone diet and how it works Benefits of the zone diet What advantages does the Zone diet have over the Paleo diet? The Zone diet "Do's & Don'ts" How to apply the Zone Diet to your training plan Zone foods 75 Zone recipes - breakfast, lunch, dinner, snacks, and desserts 2-week meal plan And so much more

## Book Information

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## Customer Reviews

This is my first time to read a zone diet book. My friend had recommended me to try zone diet but I really don't have any idea what this diet is all about. This book begins with brief introduction on who developed zone diet, what zone diet is and its benefits. This book would be my guide in achieve my desired weight lose plus the fact that this diet can be of good prevention of cardiovascular diseases. This book is not just what zone diet is but there are some delicious recipes which are all easy to prepare. Awesome book!

Easy to read but overall a complex diet with tons of measuring. While I have lost 30 lbs with this diet in the past it is very complex and not easy to maintain. Great for those with a ton of discipline.

Zone diet meals are a great way to enjoy healthier home cooking while saving time, money and calories from eating out. You can take comfort in the following list of 75 delicious dash recipes and healthy slow cooker recipes to reduce weight, lower cholesterol, lower inflammation, lower risk of heart disease, lower risk of stroke and diabetes. This book will saved you the time and effort of searching for nutritious zone recipes options that don't sacrifice taste. They're the perfect choice for warming up your insides on a cold day, and they're as good for the body as they are for the soul. And since this are all zone recipes, you don't even have to worry about spending your whole day stuck in the stove. This is helpful for someone who is learning how to cook with a zone food. Highly recommended.

This book nothing more than a printed mediocre blog post. There is literally just 4 pages of content and the rest is recipes that are NOT broken down by block size. You will learn nothing of substance and the recipes are useless. Get "A Week in the Zone" be Dr. Barry Sears instead, it's everything this book it not.

I am an absolute paranoid when my weight goes up. As much as possible, I want keep my body structure. I am not fat and not to skinny either. Having a good diet plan and a good amount of exercise definitely helped me in maintaining my physically fit body. I've exposed myself into a number of diet plans and I still try a couple more. I am new to the "Zone Diet" plan and I am really interested to try it out. The book laid all the necessary things to get me started in this kind of diet plan. All I need is a fridge full of foods with high protein and lesser carbohydrates.

I must say that I was very disappointed when I received this. There aren't even block charts in the book, which you can find readily online and are a key part of the diet. There are things that this author says you can't eat on the diet, whereas based on what I've actually read on the website, you can, just in moderation. As a former teacher, I can say that many of my students wrote with more detail and elaboration compared to what is found in this book. The recipes are very simplistic (there's one for a ham and egg sandwich). Order the other book instead or just learn about it online.

Awful.... Didn't get past day 1. There is no info as to how many servings each recipe is. The 'crumble' for day 1 uses 3 apples so I doubt it is one serving but who knows, no useful info, no nutritional info, if I could ask for a refund I would. EPIC FAIL!!!!

Not impressed with what the author has to say. If he's such a hot shot nutritionalist he should know that soy is not good for you, it contains all kinds of phytoestrogens and other things that will screw up your hormone balance. He recommends low fat dairy, this diet is all about managing your blood sugar levels through less consumption of sugars, low fat anything, especially dairy, is made low fat by removing the fat and replacing it with sugar. Further he discourages the consumption of red meat especially organ meats. Again, if he had done his homework he would know that Grass-Fed Beef Liver is one of the most nutrient dense foods known to man. I get that the zone diet works and there are many people who have done very well on it, but some of the information in this book is flat out wrong and misleading regarding which foods are "good for you" by being nutrient dense and Toxin Free. I would much rather do a version of Zone with full fat dairy (if you're going to eat dairy) and incredibly nutritious organ meats, and much less grains which are highly inflammatory to your system. I bought this for Kindle, so I can't return it, but if I could I would. >: [

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