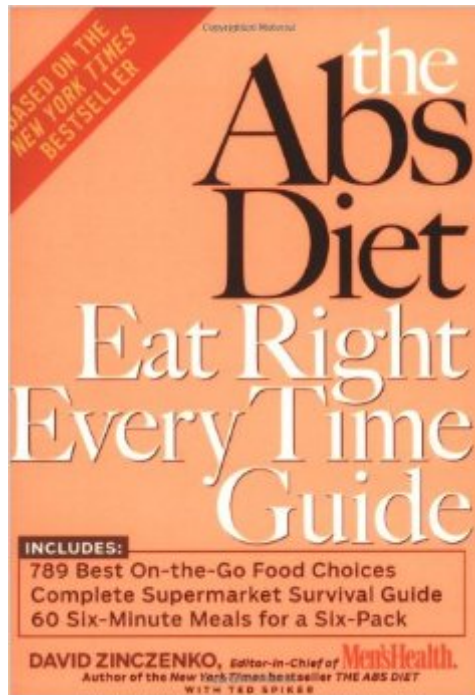


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# The Abs Diet Eat Right Every Time Guide



## Synopsis

Smart Eating Choices â “ Made Simple! TENS OF THOUSANDS OF AMERICANS HAVE CHANGED THEIR BODIES â “ AND THEIR LIVES â “ with the help of The Abs Diet, the New York Times bestseller from David Zinczenko, editor-in-chief of Men’s Health magazine. The principles of The Abs Diet are simple: Eat more healthy food â “ six delicious meals a day â “ and crowd out the bad stuff that’s making you fat. The Abs Diet has been proven to strip off 10, 15, even 20 pounds of flab â “ from your belly first â “ in six weeks or less. Now, Zinczenko makes eating smart and healthy easy with this eye opening portable weight-loss manual, THE ABS DIET EAT RIGHT EVERY TIME GUIDE. This on-the-go guide pinpoints the foods you should choose to burn away belly fat no matter where you are â “ at home, in the supermarket, even at the fast-food counter. And it reveals the hidden killers that are adding inches to your waistline and taking years off your life! Discover these amazing weight-loss secrets: Should you toast a bagel or an English muffin? Did you know that making the wrong choice will cost you 150 extra calories? What’s healthier â “ a bean burrito or a taco salad? Would you believe the healthy salad will pile 130 more calories onto your plate? Which will make you fatter â “ a Whopper or a Big Mac? You’ll be stunned to discover the shocking truth! Learn why a hot fudge sundae is a treat you should eat, why potato chips are better for you than french fries, and why Swiss cheese is three times healthier than Cheddar. You don’t have time for complicated plans or fancy recipes. In THE ABS DIET EAT RIGHT EVERY TIME GUIDE, Zinczenko tells you how to strip away belly fat in every situation â “ from the frozen food aisle to the deli, from a five-star restaurant to the drive-thru. On-the-go eating doesn’t have to end up on your gut.

## Book Information

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## Customer Reviews

I wholeheartedly and enthusiastically recommend this book. If you are overweight, and want to do something about it, this book has the information you need to change your life for good. Know though that this is not a "diet" - it is a dietary strategy. A way of life. One which - if you embrace it, will change your life forever in very positive ways. My personal testimony: I am 6' 2" tall and 35 years old. My weight has been over 250lbs for the last few years. But I have a large frame, and my body type is primarily mesomorphic, with a strong endomorphic influence. This means I have a good deal of muscle mass and definition, but have also always carried a significant amount of fat. Anyway, my BMI was about 31 and my body fat was over 30%. That is technically obese, though I neither felt nor looked it. I would tell people how much I weighed, and they never would believe me. So I carried the fat well, thus I didn't particularly care. I idly thought about doing something about it. I bought the main book of this series (to which this book is a supplement) last year, but it sat on my shelf collecting dust. Until two months ago. On March 2nd 2006, I went to the doctor's for my checkup. I got on the scale. It tipped. 263lbs. Then my blood pressure: 200/100. That's right. 200/100. Nice round numbers. I've had slightly high blood pressure for years. Always 140/80 or less. Nothing too dramatic. This new reading blew my mind. I wasn't scared, just astonished. I had it taken again that afternoon, and it came out at 169/90. I was officially suffering from hypertension. The old clichéd wake-up call. I had been eating a lot. Not poorly, I hardly ever eat junk or processed food. But richly.

The Abs Diet itself is not revolutionary -- it tells you the same thing any other non-fad fitness book will tell you: eat small meals throughout the day, reduce fat (especially saturated fat), favor complex carbs (fruits, vegetables, and whole grains) over simple carbs (sugar and starch), and get lots of lean protein. The exercise recommendations, likewise, are fairly typical, but any good fitness book will provide a reasonable workout program. I am not following the "Abs Diet" program per se, but my own fitness and diet regimen is almost identical to it. So, why did I buy this book? First, it gives you a helpful list of 10 "power foods" you should eat plenty of. Start including more and more of these in your diet, and cutting out the fat (especially trans-fat) and sugar (especially high fructose corn syrup) and you are already eating a vastly healthier diet. Second, it gives you a long list of restaurant/fast food selections that are healthy, or at least less unhealthy than the alternatives. (Personally I avoid fast food altogether and I now know enough about nutrition that I don't really need the guide, but for

people just learning about what's healthy to eat and what's not, it's nice to have a side-by-side comparison saying "Buy this and not that.") However, the reason I really like this book is that it has a bunch of easy, lean, filling recipes that I use over and over! These are very easy "guy" recipes requiring simple ingredients and not much time, and they are surprisingly delicious.

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