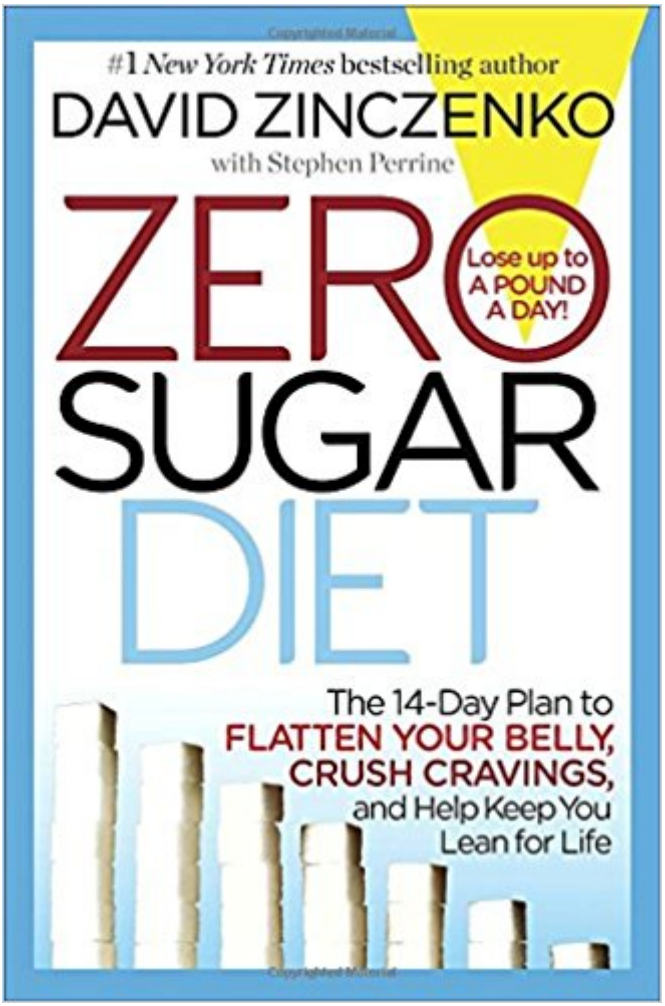
Ebook Directory
the best source of ebook

The book was found

Zero Sugar Diet: The 14-Day Plan To Flatten Your Belly, Crush Cravings, And Help Keep You Lean For Life



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

NEW YORK TIMES BESTSELLER Ã¢â ¬Â¢ Lose up to a pound a day and curb your craving for sweets with delicious recipes and simple, science-based food swaps from David Zinczenko, Good Morning AmericaÃ¢â ¬â„¢s health and wellness editor and bestselling author ofÃ Â Zero Belly Diet, Zero Belly Smoothies, and Eat This, Not That!With Zero Sugar Diet, #1 New York Times bestselling author David Zinczenko continues his twenty-year mission to help Americans live their happiest and healthiest lives, uncovering revolutionary new research that explains why you canÃ¢â ¬â„¢t lose weightÃ¢â ¬â •and shows that itÃ¢â ¬â„¢s not your fault! The true culprit is sugarÃ¢â ¬â •specifically added sugarsÃ¢â ¬â •which food manufacturers sneak into almost everything we eat, from bread to cold cuts to yogurt, peanut butter, pizza, and even Ã¢â ¬Å“healthÃ¢â ¬Â• foods. Until now, thereÃ¢â ¬â„¢s been no way to tell how much added sugar youÃ¢â ¬â„¢re eatingÃ¢â ¬â •or how to avoid it without sacrifice. But with the simple steps in Zero Sugar Diet, youÃ¢â ¬â„¢ll be able to eat all your favorite foods and strip away unnecessary sugarsÃ¢â ¬â •losing weight at a rate of up to one pound per day, while still enjoying the sweeter things in life. By replacing empty calories with essential onesÃ¢â ¬â •swapping in whole foods and fiber and swapping out added sugarsÃ¢â ¬â •youÃ¢â ¬â„¢ll conquer your cravings and prevent the blood sugar surge that leads to some of the worst health scourges in America today, including abdominal fat, diabetes, heart disease, cancer, liver disease, fatigue, and tooth decay. And all it takes is 14 days. YouÃ¢â ¬â„¢ll be stunned by the reported results: Lisa Gardner, 49, lost 10 pounds Tara Anderson, 42, lost 10 pounds David Menkhaus, 62, lost 15 pounds Ricky Casados, 56, lost 12 pounds You, too, can melt away belly fat, boost your energy levels and metabolism, and take control of your health and your life, armed with a comprehensive grocery list of fresh produce, proteins, whole grains, and even prepared meals, accompanied by two weeksÃ¢â ¬â„¢ worth of fiber-rich breakfast, lunch, dinner, and snack recipes and real-life results from successful Zero Sugar dieters. The fat-burning formula for long-term weight loss and optimal health is at your fingertips. Join in the crusade and say goodbye to added sugarsÃ¢â ¬â •and goodbye to your bellyÃ¢â ¬â •with Zero Sugar Diet!Praise for Zero Sugar DietÃ¢â ¬Å“Zero Sugar Diet targets an easily identifiable enemy, comparing excess sugar in our diet to a deadly virus. . . . Well, that got my attention.Ã¢â ¬Â•Ã¢â ¬â •The New York Times Book ReviewÃ¢â ¬Å“A user-friendly guide [that provides] a wealth of helpful information and tools for those wishing to limit added sugars in their diet.Ã¢â ¬Â•Ã¢â ¬â •Library Journal Ã¢â ¬Å“This plan is informative and entertaining (e.g., a chart converts common meals to their equivalent in donuts; Ã¢â ¬Ëœan open letter from your pancreasÃ¢â ¬â„¢) and will help readers rein in cravings and become savvy monitors of added

sugar consumption.Ã¢â ¬Â•Ã¢â ¬â •Publishers Weekly

Book Information

Hardcover: 304 pages

Publisher: Ballantine Books; 1 edition (December 27, 2016)

Language: English

ISBN-10: 0345547985

ISBN-13: 978-0345547989

Product Dimensions: 6.5 x 1.1 x 9.6 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 325 customer reviews

Best Sellers Rank: #1,696 in Books (See Top 100 in Books) #5 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses #36 inÃ Â Books > Health, Fitness & Dieting > Nutrition #46 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

Ã¢â ¬Å“Zero Sugar Diet targets an easily identifiable enemy, comparing excess sugar in our diet to a deadly virus. . . . Well, that got my attention.Ã¢â ¬Â•Ã¢â ¬â •The New York Times Book ReviewÃ¢â ¬Å“A user-friendly guide [that provides] a wealth of helpful information and tools for those wishing to limit added sugars in their diet.Ã¢â ¬Â•Ã¢â ¬â •Library Journal Ã¢â ¬Å“This plan is informative and entertaining (e.g., a chart converts common meals to their equivalent in donuts; Ã¢â ¬Ëœan open letter from your pancreasÃ¢â ¬â„¢) and will help readers rein in cravings and become savvy monitors of added sugar consumption.Ã¢â ¬Â•Ã¢â ¬â •Publishers Weekly

David Zinczenko is the #1 New York Times bestselling author of Zero Belly Diet, Zero Belly Cookbook, and Zero Belly Smoothies andÃ Â the co-author of the Eat This, Not That! franchise (which has sold more than eight million copies worldwide) and the Abs Diet books. Currently the editorial director ofÃ Â MenÃ¢â ¬â„¢s Fitness, he is the award-winning former editor in chief of MenÃ¢â ¬â„¢s Health and editorial director ofÃ Â WomenÃ¢â ¬â„¢s Health, Prevention, and Best Life magazines. Zinczenko is also the nutrition and wellness editor at ABC News and and the CEO of the media company Galvanized. He lives in New York City.Stephen PerrineÃ Â is also the author ofÃ Â The MenÃ¢â ¬â„¢s Health DietÃ Â andÃ Â The New American Diet. TheÃ Â former publisher of Rodale Books and editor in chief ofÃ Â Best Life, he has edited and published dozens of New York Times bestsellers and has appeared as an expert on health and nutrition on The Dr.

Oz Show, Today, Good Morning America, and numerous other television shows. He lives with his family in New York City.

I was a test panelist for this book before it came out and lost a pound a day for the first two weeks. The premise that that added sugarsÃƒÂ¢Ã â ¬Ã â •not all sugarsÃƒÂ¢Ã â ¬Ã â •are making us fat. It’s got new research about how companies are making you fat by hiding in in your foods (even spaghetti sauce and salads), and then gives you recipes and more than 500 foods to eat instead, leading to rapid weight loss. I signed up because my doctor said I was at risk of diabetes. My wife and I ended up losing 15 pounds. I stayed on the plan and kept losing weight, which became easier as my brain got rewired and didn’t crave sugar anymore. It’s amazing what happens when you know how to target the one darn thing making you fat.

Easy to understand for a lay person.Short and simple instructions.Gives brand names for best food choices.Lists breakdown of food .

I have changed my attitude about processed food. I will be more weary. I highly recommend this book. It is worth it to be educated about what you eat.

I saw Dave Zinczenko on Good Morning America and had to buy this book after seeing that there’s a whole doughnut’s worth of sugar in my store-bought spaghetti sauce! Glad I did. Here’s what you’re getting: The first few chapters explain how food manufacturers are making us fat, and about how the author helped a ton of people lose weight by eliminating their added sugars. Then we get to the diet itself, which seems purposefully manageable and not too restrictive (three meals and one snack a day for the first 14 days; then there’s a maintenance program).The recipes are completely added-sugar-free, and there’s a guide with 500+ products that are sugar-free. I contacted one of the test panelists on Facebook and she said it really worked; she lost 10 pounds and doesn’t crave sweets as much. I think anything that helps Americans free themselves from sugar is good, and weight loss inevitable.

Informative book that provides the reader with an exciting plan to control your sugar intake levels.

Awesome book and great information

Easy read and easy to follow. It positively impacting my eating habits.

Great book, some informative, everyone should read.

Download to continue reading...

Zero Sugar Diet: The 14-Day Plan to Flatten Your Belly, Crush Cravings, and Help Keep You Lean for Life 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) Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) 14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight. Zero Belly Cookbook: 150+ Delicious Recipes to Flatten Your Belly, Turn Off Your Fat Genes, and Help Keep You Lean for Life! 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) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) The New Abs Diet:Ã Â The 6-Week Plan to Flatten Your Stomach and Keep You Lean for Life (The Abs Diet) Sugar Detox: Beat Sugar Cravings Naturally in 30 Days! Lose Up to 15 Pounds in 14 Days, Increase Energy, Boost Metabolism! (Sugar Free Diet, Sugar Detox ... 30 Day Detox, Weight Loss and More Energy) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) The New Abs Diet for Women: The Six-Week Plan to Flatten Your Stomach and Keep You Lean for Life The New Abs Diet: The 6-Week Plan to Flatten Your Stomach and Keep You Lean for Life The Abs Diet: The Six-Week Plan to Flatten Your Stomach and Keep You Lean for Life The New Abs Diet Cookbook:Ã Â Hundreds of Powerfood Meals That Will Flatten Your Stomach and Keep You Lean for Life! (The Abs Diet) The New Abs Diet for Women:Ã Â The 6-Week Plan to Flatten Your Belly and Firm Up Your Body for Life (The Abs Diet) Wheat Belly Recipes: 39 Wheat Belly Recipes Including Diet Plan And Food List To Help Trim Your Waistline-Get Rid Of Unwanted Fat Rapidly And Improve Your ... Free Recipe, Gluten Free Diet Book 6) The Better Man Project: 2,476 tips and techniques that will flatten your belly, sharpen your mind, and keep you healthy and happy for life! The Abs Diet for Women: The Six-Week Plan to Flatten Your Belly and Firm Up Your Body for Life Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **BONUS** 30 Day Accelerated Fat

Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide)

Contact Us

DMCA

Privacy

FAQ & Help