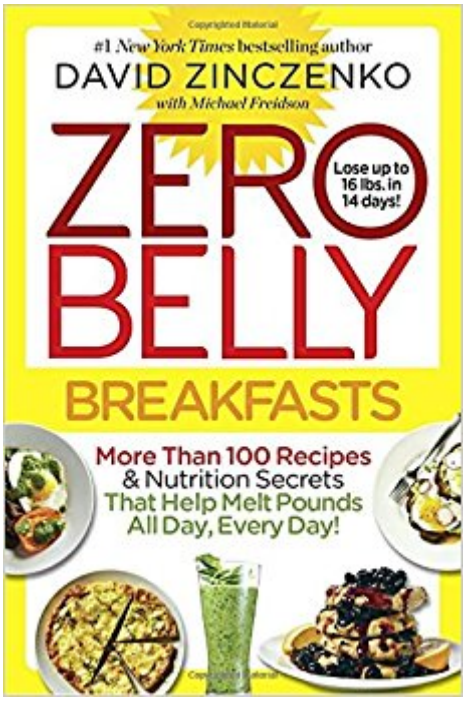
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Zero Belly Breakfasts: More Than 100 Recipes & Nutrition Secrets That Help Melt Pounds All Day, Every Day!



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Synopsis

Lose up to 16 Pounds in 14 Days with Quick and Delicious Morning Meals!From the team behind the bestselling Eat This, Not That! and Zero Belly series,Ã Â Zero Belly Breakfasts will have you looking and feeling great in no time flat, thanks to hundreds of delicious and nutritious breakfast secretsÃ¢â ¬â •and more than 100 mouthwatering recipes you can prepare in minutes! Compliments of todayÃ¢â ¬â„¢s most influential nutritionists, each recipe features fat-burning proteins, belly-filling fibers, and healthy fats that will boost your metabolism and lead to all-day (and night) calorie burning, including Ã¢â ¬Â¢ eggs and omelets Ã¢â ¬Â¢ pancakes and waffles Ã¢â ¬Â¢ breakfast meats Ã¢â ¬Â¢ sandwiches and burritos Ã¢â ¬Â¢ homemade cereals Ã¢â ¬Â¢ oatmeals and overnight oats Ã¢â ¬Â¢ and creamy and delicious smoothies Zero Belly Breakfasts is part of the revolutionary new plan to turn off your fat genes and help keep you lean for life! Nutrition expert David Zinczenko, the New York Times bestselling author of the Abs Diet series, Eat This, Not That! series, and Zero Sugar Diet, has spent his entire career learning about belly fatÃ¢â ¬â •where it comes from and what it does to us. And what he knows is this: There is no greater threat to you and your familyÃ¢â ¬â •and to your health and your happiness. Zero Belly Breakfasts will help you Ã¢â ¬Â¢ lose up to 16 pounds in 14 days Ã¢â ¬Â¢ melt away stubborn fat, from your belly first Ã¢â ¬Â¢ put an end to bloating and discomfort Ã¢â ¬Â¢ detox from unhealthy foods so you can enjoy all-day energy Ã¢â ¬Â¢ turn off your fat-storage genes and make long-term weight loss effortless Ã¢â ¬Â¢ look and feel younger and healthier than ever! YouÃ¢â ¬â„¢ll be stunned and inspired by the results of an amazing 500-person test panelÃ¢â ¬â •men and women who lost weight quickly, and with ease, following the original Zero Belly diet, which included many of these breakfasts. In just the first 14 days Bob McMicken, 51, lost 16.3 pounds Kyle Cambridge, 28, lost 15 pounds Martha Chesler, 54, lost 11 pounds Matt Brunner, 43, lost 14 pounds HereÃ¢â ¬â„¢s what makes Zero Belly breakfasts so effective: 1. They help you keep the weight off. Science proved it. Of people whoÃ¢â ¬â„¢ve lost 30 pounds or more, 80 percent kept the weight off by eating a high-protein breakfast every day, according to a study done by the National Weight Control Registry, who concluded that Ã¢â ¬Å“eating breakfast is a characteristic common to successful weight-loss maintainers.Ã¢â ¬Â•Ã Â 2. They help you eat less. A study in Obesity found that eating a high-protein breakfast led to Ã¢â ¬Å“the prevention of body fat gain, voluntary reductions in daily intake, and reductions in daily hunger.Ã¢â ¬Â• Meanwhile, skipping it leads to eating more food throughout the dayÃ¢â ¬â •and unnecessary weight around your midsection. 3. TheyÃ¢â ¬â„¢re the most important meal of the dayÃ¢â ¬â •for fat burn. Your mom was right. Ã¢â ¬Å“People who eat their largest daily meal at breakfast are far more likely to lose weight and

waist line circumference than those who eat a large dinner,Ã¢â ¬Â• reports a 2013 study from Tel Aviv University. Ã¢â ¬Å“They also had significantly lower levels of insulin, glucose, and triglycerides throughout the day, translating into a lower risk of cardiovascular disease, diabetes, hypertension, and high cholesterol.Ã¢â ¬Â• 4. They taste amazing! Sometimes like dessertÃ¢â ¬â •for breakfast!Ã Â Regardless of your health history, your lifestyle, or even your genes, Zero Belly Breakfasts will give you the power to flatten your belly, heal your body, soothe your soul, and wake up happier than ever!

Book Information

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Customer Reviews

David Zinczenko is the author of eighteen New York Times bestselling books, including those in the Eat This, Not That! series (which has sold more than eight million copies in North America), the Abs Diet books, The 8-Hour Diet, Zero Belly series, and, most recently, Zero Sugar Diet. He is the award-winning former editor in chief of MenÃ¢â ¬â„¢s Health and editorial director of WomenÃ¢â ¬â„¢s Health, Prevention, and Best Life magazines. The nutrition and wellness correspondent for ABC News, he is also CEO of Galvanized Media, home of Eat This, Not That!, Zero Belly, and Best Life.Michael Freidson is executive director of editorial at Galvanized Media, working alongside David Zinczenko to oversee Eat This, Not That!, the Zero Belly franchise, and Best Life. He is the former editor in chief of Time Out New York and global lifestyle editor of Metro International. Freidson has appeared on CNN, CBS, Fox, and The Today Show.

excellent recipes

Great recipies

Its a good book.

Great recipe book for sticking to the Zero Belly plan. I have one cookbook for Zero Belly and thought this would be a great companion. This cookbook contains a lot of great recipes for not only breakfast, but what you could use for lunch as well, if needed. Easy to follow with 'tips' as in the other cookbook about changing your way of eating. Highly recommended!

Longtime Zero Belly fan, because I've seen the results. I lost 20 pounds on this diet and have kept it off by using the new books. The new recipes are great! Zero Belly Breakfasts helped me:Have more energy all dayFeel full until lunchÃƒÂ¢Ã â ¬Ã â œno snack cravings (my main downfall)Cut my meal prep time in half, with some recipes taking under 5 minutes.It also has a list of the best breakfast foods ranked, so I can stay within those parameters and not go wrong. If some of the expressions are repetitive, that's fine by me because it hammers home the message. And I bought it for the Weight Loss recipes. Five stars.Please do soups or snacks next.

Best deal for the money, and I know it works. A friend lost 10 pounds in one week on Zero Belly and these breakfast recipes helped her do it. I made the overnight oats, the smoothies, and five of the egg dishes, and all took minutes to make and were delicious. So far I've lost three pounds and I'm not stopping. I think I know why: they all have lean proteins, healthy fats and low calories.Perfect way to start the day!

I've just made it through Zero Belly Breakfasts and I'm not only blown away by the knowledge contained in this easily readable book but I'm also very, very excited to be trying all of these amazing recipes. I'm someone who can't wait to eat when I wake up in the morning, and now I can do it guilt-free, just by sticking to the right ingredients and portions. Seriously: if you're someone who likes breakfast and wants energy to get yourself through the day (and stay lean), do yourself a favor and buy this book! Bravo, Zinczenko, again!

Worth the cost even if you only get one or two healthy and tasty recipes out of the book.

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