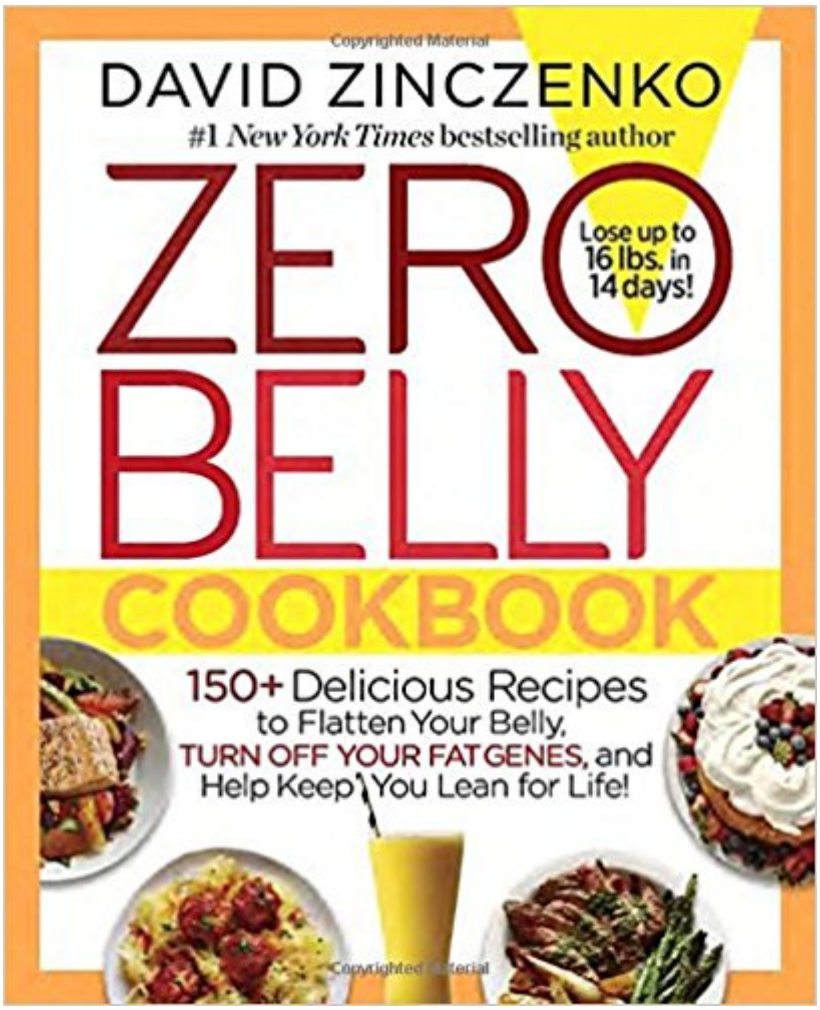
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Zero Belly Cookbook: 150+ Delicious Recipes To Flatten Your Belly, Turn Off Your Fat Genes, And Help Keep You Lean For Life!



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Synopsis

Based on Zero Belly Diet, the revolutionary bestselling weight-loss plan from ABC News nutrition and wellness correspondent David Zinczenko, creator of Eat This, Not That!, Zero Belly Cookbook is a groundbreaking collection of recipes that will teach anyone how to cook beautifully, lose weight fast, and get healthier in just minutes a day. Ã Â SEE THE DELICIOUS DIFFERENCE IN JUST FOURTEEN DAYS! Strip away up to 16 pounds in two weeks with the weight-loss power of gourmet superfoods. Ã Â Ever since the arrival of David ZinczenkoÃ¢â ¬â„¢s bestselling Zero Belly DietÃ¢â ¬â •with its proven formula to rev up metabolism, melt away fat, and turn off the genes that cause weight gainÃ¢â ¬â •fans have been clamoring for more scrumptious, waist-slimming recipes to add to their weekly menus. Zinczenko answers the call in Zero Belly CookbookÃ¢â ¬â •a collection of more than 150 quick, simple, restaurant-quality meals that will improve how you eat, feel, and live. Ã Â Ã¢â ¬Â¢ Metabolism-boosting breakfasts: Set your metabolism racing with the all-day fat-burning protein power of Spinach and Onion Strata and the superfood-packed Apple Pie Muffins. Ã¢â ¬Â¢ Flat-belly lunches: Quell hunger with low-calorie, belly-flattening takes on such indulgent favorites as Turkey Meatball Heroes with Onion and Peppers. Ã¢â ¬Â¢ Fat-melting dinners: Celebrate easy, automatic weight loss in gourmet style with Green Tea Poached Salmon with Bok Choy or Steak Frites with Arugula Chimichurri and Asparagus. Ã¢â ¬Â¢ Slimming snacks: Nibble your way slim with Spicy Popcorn, Fresh Figs and Ricotta, and Avocado with Crab Salad. Ã¢â ¬Â¢ Healthy, decadent desserts: Cap off a day of perfect eating with Raspberry Poached Pears, Black Forest Cookies, or Watermelon Wedges with Whipped Cream, Walnuts, and Mint. Ã Â Including tasty dishes from such celebrated chefs as Jason Lawless, Susan Feniger, Chris Jaeckle, and Anita Lo, these tantalizing, easy-to-prepare recipes are specifically designed to target the fat that matters most to your health: belly fat. Regardless of your health history, your lifestyle, or even your genes, Zero Belly Cookbook will give you the power to flatten your belly, heal your body, soothe your soul, and live better than ever.

Book Information

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Customer Reviews

David Zinczenko is the #1Ã Â New York Times bestselling co-author (with Matt Goulding) of 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, Eat It to Beat It!, and, most recently, Zero Belly 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 editorial director of MenÃ¢â ¬â„¢s Fitness and CEO of the media company Galvanized. He lives in New York City.David Zinczenko worked with Jason Lawless, the executive chef at White Street in New York, to develop most of the recipes in this book. A graduate of Scottsdale Culinary Institute, Lawless has cooked at renowned restaurants such as Tabla, Mix, and CafÃƒÂ© Gray, and he ran the kitchen of Toqueville. He also served as executive chef at the AAA Four Diamond Woodstock Inn & Resort in Vermont.

I have been on this diet for about a month and am not a test panelist. I have not lost any significant weight or inches yet, but I do like the way this diet has made me focus on what my food contains instead of what it doesn’t contain. I was guilty of eating things that were "low fat" or "low sugar" but didn’t focus on if they contained anything significant nutrition or were just empty calories. I also like how you can eat lots of real food and don’t have to starve. However, for this diet to work for you, you have to be willing to shift the way you think about food and be willing to put a lot of time, effort and planning into meals. I think you have to be driven by the desire for good health more than the desire to lose weight. I have to say I am skeptical of the weight loss claims of some of the reviewers. The thing I have really noticed about this diet is how wonderful my digestion has been. I didn’t really had significant problems before, but I really feel good on this diet. I noticed the difference after having one "cheat" meal at a restaurant and noticed that overly full, sorted of bloated feeling I no longer have on this diet. It is most likely due to the fact that this diet eliminated gluten and most dairy.

I found and few recipes in this book (Apple Breakfast muffins) that have made it into regular cycle

but few options for those that don’t want to eat meat every day.

The recipes are delicious, they’ve done a great job of balancing flavors and food variety. There’s a good amount of photos as well, and the recipes actually fill you up, this guy knows his stuff. I was excited to find a diet plan that works and doesn’t require constant purchasing of shakes or pills every month. The recipes take about 10-15 minutes per meal, not bad but not super fast. None of them have been difficult, just not extremely fast to make. I would recommend this book, especially if you have tried other diet plans that haven’t worked. This one works but you HAVE to stick to it.

Not as many recipes as I had imagined. Ingredients that are suggested are expensive where I live.

A "must have" for anyone who wishes to change their life and jumpstart their health without visiting the gym! The best companion to "The Zero Belly Diet" by same author.

I don’t buy many cookbooks anymore as I have so many, but this one was well worth it. Simple, everyday ingredients with a sensible plan and I love that there’s a photo of every recipe. I feel much more motivated to cook a dish when I know what it’s supposed to look like.

I do not have a gluten sensitivity but this diet (avoidance of gluten) has reduced my waist by 2 or 3 inches!

Enjoying all the great recipes. Found it helpful in my wait loss plan.

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