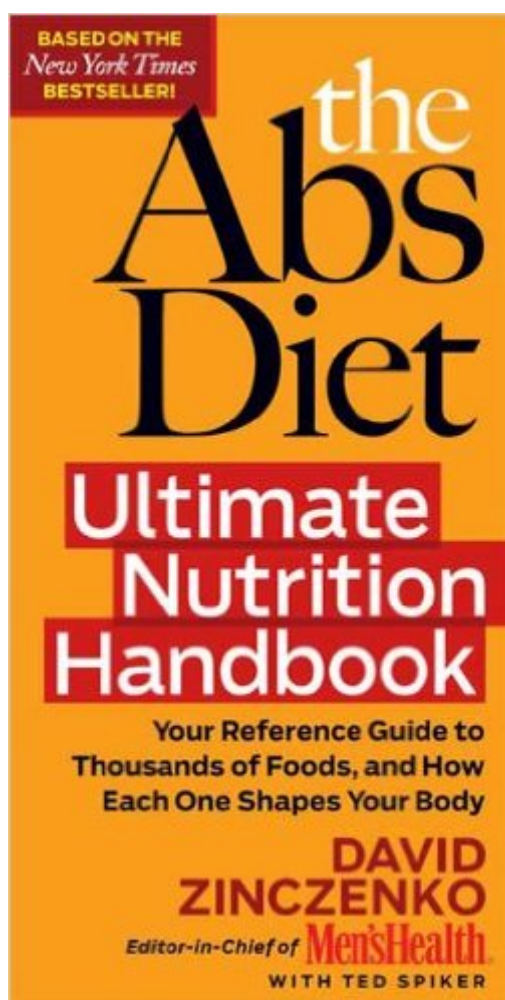


The book was found

The Abs Diet Ultimate Nutrition Handbook: Your Reference Guide To Thousands Of Foods, And How Each One Shapes Your Body



Synopsis

Hundreds of Quick-and-Easy Nutrition Secrets for a Firm, Flat StomachLose Up to 20 Pounds of Fat in Just 6 Weeks Without Ever Feeling Hungry!Now, David Zinczenko, best-selling author and editor-in-chief of Men's Health, has collected the most essential, up-to-date nutrition information in the world, and distilled it down to an easy-to-use, breakthrough manual. The Abs Diet Ultimate Nutrition Handbook will arm you with the nutritional information, guidance, and secrets that will give you the body you want, the stomach you want, and the life you want. Discover the secrets to staying lean for life and building the 6-pack of your dreamsâ•all while eating what you want, when you want. Just learn the secret to making the smartest nutrition decisions, no matter where you are. You'll discover:Â• Hundreds of tips on buying, preparing, and even ordering the best meals, and how to make those meals work for your bodyâ•not against it.Â• Scores of new recipes including dozens of muscle-building, fat-burning desserts!Â• Two super-efficient, proven new workouts, plus two bonus abs moves that will sculpt your stomach in no time.Â• A 14-day eating plan that will start stripping away flab and showing off your absâ•in just days!

Book Information

Paperback: 256 pages

Publisher: Rodale Books; 1 edition (December 22, 2009)

Language: English

ISBN-10: 1605296945

ISBN-13: 978-1605296944

Product Dimensions: 6.5 x 0.7 x 9 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ• See all reviewsÂ• (15 customer reviews)

Best Sellers Rank: #1,052,099 in Books (See Top 100 in Books) #123 inÂ• Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts #1098 inÂ• Books > Health, Fitness & Dieting > Reference #1562 inÂ• Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

Customer Reviews

From: [...]Author & Book Views On A Healthy Life!It's the weekend. Not many feel like shopping and then preparing dinner, opting for a quick bite out instead. Watch what you're putting into your mouth, it could end up on your waist! David Zinczenko, author of The Abs Diet Ultimate Nutrition Handbook includes an entire chapter titled, "The 20 Worst Foods Ever!" Eat these and Weep.1. Fettucine

Alfredo--worth up to 1,000 calories and 90 grams of fat. Order instead, whole-grain pasta with marinara.2. Hardee's Monster Thickburger--sounds great guys, but can you afford almost 1,500 calories and 107 grams of fat?3. Creme-Filled Doughnut With Chocolate Icing--my husband used to eat two of these every morning before work, each weighs in at 250 calories, 9 grams of fat--saturated and trans.4. Cinnabon Classic--800 calories and 32 grams of fat; if you just can't pass it up, do like David and split it four ways.5. Deep-Fried Twinkies or Oreos--I've never even eaten these! Avoid deep-fried foods in general. A Twinkie usually contains 150 calories/5 grams of fat. Deep frying triples the cal.6. Cheese Fries with Gravy--1,000+ calories, contains partially hydrogenated oil. Eat a corn chip with salsa, is my quick fix.7. Soda--the scourge of the easy-access generation, it's called "pop" where I grew up. A typical 32oz. cola is around 300 calories. Hint--drink water.8. Bloomin' Onion--2,200 calories for an appetizer! Opt for a house salad.9. Spinach Dip and Chips or Bread--spinach and artichokes themselves are nutritionally sound, but the cheese base of the dip jumps of the cal. to around 140 for a 1oz serving.10.

[Download to continue reading...](#)

The Abs Diet Ultimate Nutrition Handbook: Your Reference Guide to Thousands of Foods, and How Each One Shapes Your Body How to Get Abs: More Fantastic Exercises That Will Help You Flatten Your Stomach and Reveal Those Sexy Abs (Health, Flat Abs, How to Get Abs, How to Get Abs Fast Book 2) GMO Free Diet: The Ultimate Guide on Avoiding GMO Foods and keeping Your Family Healthy with a GMO Free Diet (GMO, Non GMO Diet, Non GMO Foods, Genetically Engineered Foods, Monsanto) The New Abs Diet for Women:Â The 6-Week Plan to Flatten Your Belly and Firm Up Your Body for Life (The Abs Diet) Abs and Core: The Suspension Abs Solution: 4 Simple Suspension Workouts That Will Help You Get Sexy Abs An Athletic Physique Shed Stubborn Fat Perform It Anywhere In 15 Minutes Or Less Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) 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) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Abs: The Ultimate Six Pack Abs Guidebook: Get Shredded Fast - Step By Step Guide, Easy Recipes And Workouts Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book)

South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Ketogenic Diet Mistakes: You Wish You Knew (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) The Power Of Intermittent Fasting: Discover Effortless Abs Diet giving you greater Mental toughness, quick Fat Loss and no Cardio, enabling Lean Muscle-Building!: Abs workout for lean belly included! Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Diverticulitis Diet Plan: A Diverticulitis Diet Plan with Foods to Avoid, the Best Foods to Eat and an Effective Diet for Treatment BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Ketogenic Diet: 21 Days for Rapid Weight Loss, Increase your Energy And Live Healthy Lose Up To a Pound a Day (ketogenic diet, ketogenic diet for beginners, ... diet mistakes, diet plan, diet guide)

[Dmca](#)