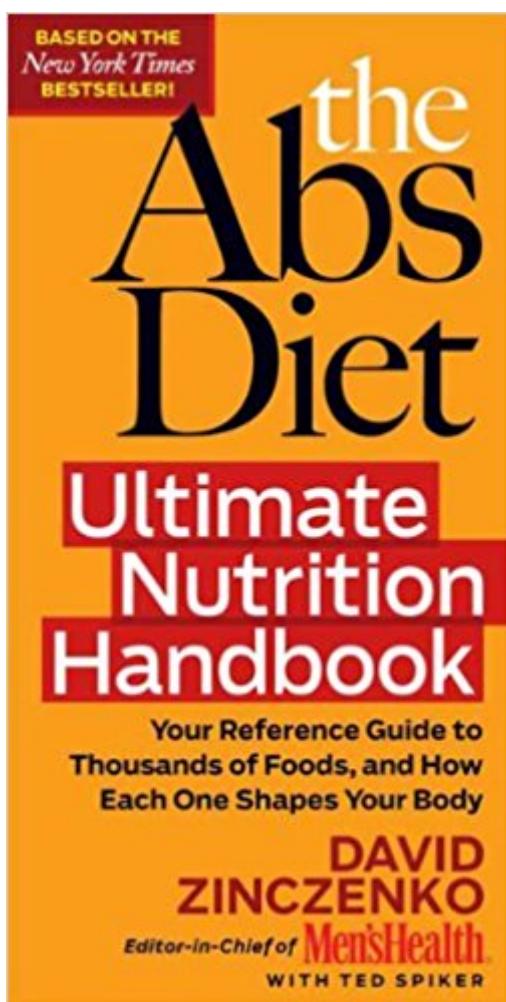


The book was found

# 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 dreams—without 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: • Hundreds of tips on buying, preparing, and even ordering the best meals, and how to make those meals work for your body—not against it. • Scores of new recipes including dozens of muscle-building, fat-burning desserts! • Two super-efficient, proven new workouts, plus two bonus abs moves that will sculpt your stomach in no time. • A 14-day eating plan that will start stripping away flab and showing off your abs—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: 4.4 out of 5 stars 15 customer reviews

Best Sellers Rank: #969,646 in Books (See Top 100 in Books) #94 in Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts #916 in Books > Health, Fitness & Dieting > Reference #1403 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

## Customer Reviews

DAVID ZINCZENKO, editor-in-chief of Men's Health magazine, is one of America's leading experts on health and fitness. He lives in New York City and Allentown, Pennsylvania.TED SPIKER, an assistant professor of journalism at the University of Florida, is a contributing editor to Men's Health. His work has also been published in Fortune; O, The Oprah Magazine; InStyle; Sports Illustrated

Women; Writer's Digest; Adventure Sports; and more. He currently resides in Gainesville, Florida.

I got this to go along with my other Abs diet books. I feel of all the books this is the least helpful. It's just information overload for me I guess. Maybe it will become more useful as I get used to the diet more. Part of the book is just repeating what the other books said. My favorite of the books would have to be the ABS diet cookbook. It sums the diet up nicely and gives a lot of recipe ideas all in one. I wish I had just bought that one only.

I used the information in this book to lose 32 pounds and I have referred many friends to the Abs Diet. If you're thinking of losing weight, the Abs Diet is an excellent way to do so. You don't have to 'starve' yourself. This is just a GREAT book and I recommend it along side your cookbooks.

Excellent instruction, highly recommend.

Awesome book worth having. I thought I posted a review when I received it. It is a book I found at the library and decided to buy it myself. Thanks.

The book is a great accessory to any trip out to eat...it's something that I can refer to and have helpful info about healthier eating no matter where I'm am. Very happy with the seller.

I used to exercise and after having no success at losing a couple of unwanted pounds I decided to purchase the abs diet book. The book will definitely get you in shape but you should do like I did. Only use this book as a starting point. Find out as much as you can about fitness and nutrition. Don't do like me and lose the hard earned six pack that the Original Abs diet gave me. Learn all the new scientific principles that you can. And if you have the original Abs diet book this book will definitely compliment it. I've been on a mission to get back into shape myself and decided to even document it each week. [...]

Great book

The book not only has suggestions for eating out, it also has recipes for smoothies and quick tips for your diet.

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**Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness**  
(Ideal Protein Diet,High Protein Diet,Perfect Protein Diet,Lose Weight,Protein Diet Plan)

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