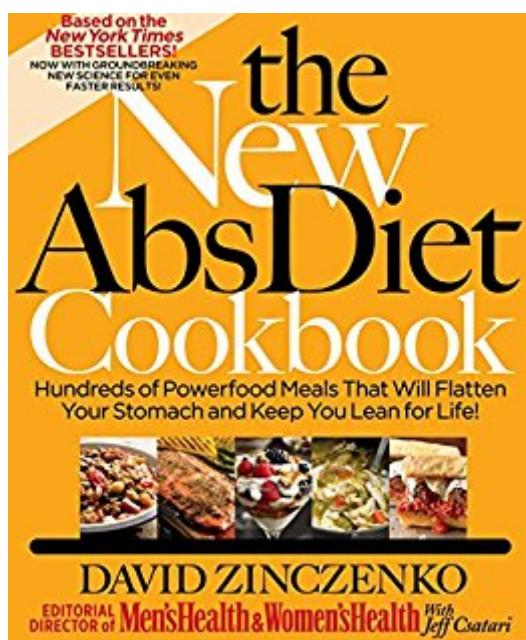


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# The New Abs Diet Cookbook: Hundreds Of Powerfood Meals That Will Flatten Your Stomach And Keep You Lean For Life! (The Abs Diet)



## **Synopsis**

A delicious follow-up to the groundbreaking The Abs Diet, this cookbook delivers more than 200 healthy, mouthwatering breakfasts, lunches, dinners, snacks, desserts, and outdoor grill favorites. Each recipe incorporates one or more of the Abs Diet Power 12 Foods such as almonds, spinach, turkey, and olive oil that are scientifically proven to burn fat and build muscle. The meals in this book take the guesswork out of weight loss and make calorie counting unnecessary. For beginners and seasoned cooks alike, this selection of classic and innovative meals such as Fig and Prosciutto Tortilla Bites, Walk-the-Plank Grilled Salmon with Grilled Pineapple, and Blackberry Parfait Martinis makes losing weight and eating healthier both easy and delicious. Special features include speedy meals that take under five minutes to prepare, a beginner's guide to food-prep basics, and The New Abs Diet Cheat Sheet and Portion-Distortion Decoder. Based on cutting-edge nutrition research on how to prevent high cholesterol, diabetes, and heart disease with tasty, healthy foods, The New Abs Diet Cookbook is the perfect weight-loss guide for anyone who despises dieting and loves eating.

## **Book Information**

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## **Customer Reviews**

I purchased this book as a supplement to The New Abs Diet for Women. It has a more

comprehensive list of smoothies, as well as breaking food up into breakfast, lunch, dinner, side dishes, and desserts. It offers pearls throughout the book to keep you on track as well. Each chapter of the book, as well as the beginning, gives the reader an overall rundown of why you're eating what you're eating, though it's not as comprehensive as The New Abs Diet books. A word to the wise, though: the author has released a new series called "Zero Belly Diet" that has more updated science, as well as some new key recommendations such as using plant-based protein powder instead of whey. In a July 2015 interview, the author stated: "The recent research I've done for my Zero Belly Diet plan convinced me to make plant-based smoothies a part of my daily routine. I've traded in whey protein for vegan protein powders, because more and more studies show that plant protein is critical to longevity." I believe I am going to go ahead and purchase the Zero Belly series to read in addition to the Abs Diet simply because The New Abs Diet for Women has been an easy plan to follow. I can foresee going the distance with this plan and realistically making it a lifestyle change versus simply losing up to 20lbs in 6 weeks--though that is fine by me as well. 3 days in and I'm already down almost 5 lbs. Definitely worth the extra investment to really amp up your plan.

Love it! I told my sister the other day I would like to carry this book around with me. Good recipes, smoothies and ideas added to all the others for the Abs diet. I've turned into a smoothies follower and this book contains enough plus regular recipes to get and keep you going, and thoughts to create recipes of your own.

Recipes are quick and easy to make. Some of them actually taste pretty good for not being gourmet, others, well let's just say I won't be making them again. Overall there are plenty of recipes to pick from and other helpful tips such as a glycemic index, how to read food labels, and "how to" grocery shopping.

Great layout...www excellent diet.

The meals are super easy and quick --- which is really key for feeding a hectic family on a weeknight. This really ought to be paired with the Abs Diet books (women or men), but if you're just looking for some quick recipe ideas that you won't feel gross about eating, this is a good choice for that as well.

Okay

I love this book. Most of the recipes are delicious and easy to make, and once you get the general idea behind what types of food are best for you abs you can branch out and create variations of the recipes or just make up your own and still get flat abs ;-). It didn't get five stars only because some of the recipes are how to make a meal with processed ingredients (such as frozen pancakes and jam) and I don't think that could ever actually be "healthy". Other than that, it's a great recipe book!

I haven't read the entire book yet, but what I have read is as informative as the Abs Diet book as far as how your body handles food. That was the real helpful thing to me. Once I started understanding the basics of how food interacts with my body, it helped me make better choices when deciding what and how to eat. I've already started incorporating some of these recipes into my daily diet. They are delicious and fairly easy to prepare. It does take a little preparation to decide what you will be preparing for the week and then make a shopping list and do the shopping, but if you can do that a few times, it becomes easier. But that's like any grocery shopping, just make good choices when buying the food. And stay within the portions! I hope this helps.

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