



The Abs Diet: 6-minute Meals for 6-pack Abs

By David Zinczenko

Rodale Press. Hardback. Book Condition: new. BRAND NEW, The Abs Diet: 6-minute Meals for 6-pack Abs, David Zinczenko, Tens of thousands have changed their bodies - and their lives - with the help of "The Abs Diet", the "New York Times" bestseller from David Zinczenko, editor-in-chief of "Men's Health Magazine". A key factor in the diet's success is the meal plan, with its healthy, great-tasting, easy recipes featuring the Abs Diet 12 Powerfoods. Now, to meet the demands of today's time-strapped society, Zinczenko and co-author Ted Spiker present "The Abs Diet: 6-Minute Meals for 6-pack Abs" to help readers make the right food choices - in less time than it takes to pick up a takeaway. "The Abs Diet: 6-Minute Meals for 6-pack Abs" features: 101 6-minute recipes: fast and easy recipes like Barbecue Chicken Pizza, Smokehouse Salad, Summer Vegetable Couscous, and more; the 12 Abs Diet Powerfoods, plus what makes them nutritional powerhouses and how they increase lean muscle mass and discourage storing fat; shopping lists, appliance recommendations, and more; a 7-day meal plan (for those who prefer not to mix- and-match); and, a bonus chapter with 60-minute Sunday creations and 15-minute meals when you have more time. This...



READ ONLINE
[8.33 MB]

Reviews

The publication is easy in read through safer to comprehend. It is actually loaded with wisdom and knowledge Its been printed in an extremely simple way and is particularly simply right after i finished reading through this pdf where actually modified me, affect the way i believe.

-- **Ms. Clementina Cole V**

This is the very best publication i have got read until now. It is definitely simplified but shocks within the fifty percent of the pdf. You may like how the article writer create this pdf.

-- **Rosario Durgan**