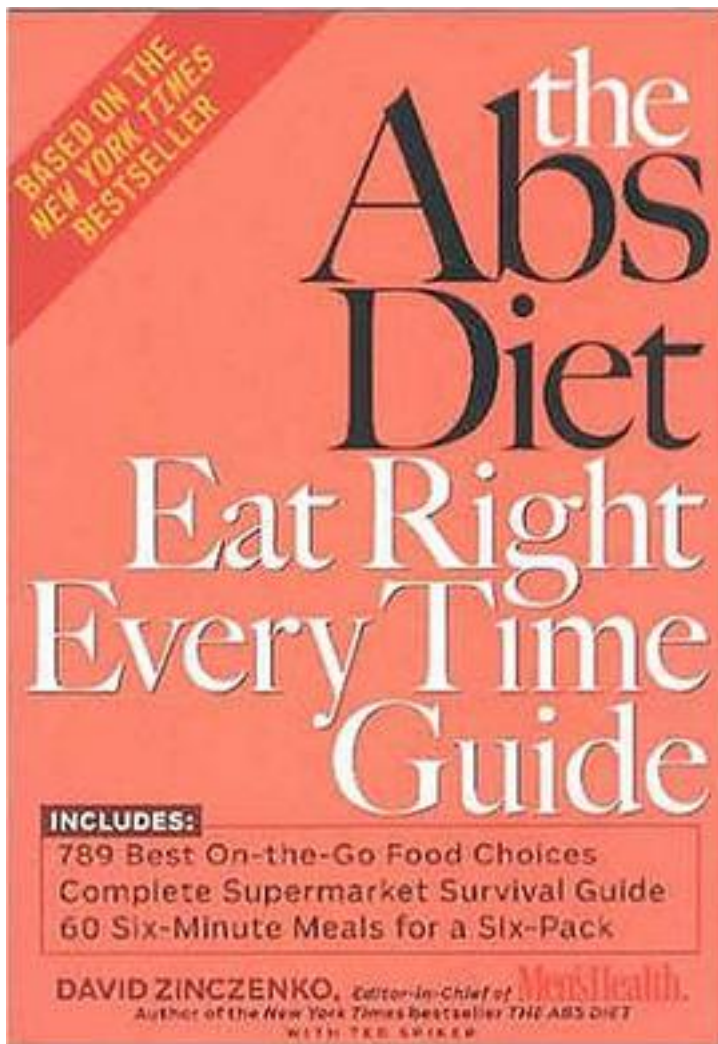


The Abs Diet Eat Right Every Time Guide



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Smart Eating Choices – Made Simple!

TENS OF THOUSANDS OF AMERICANS 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.

The principles of The Abs Diet are simple: Eat more healthy food – six delicious meals a day – and crowd out the bad stuff that' s making you fat. The Abs Diet has been proven to strip off 10, 15, even 20 pounds of flab – from your belly first – in six weeks or less.

Now, Zinczenko makes eating smart and healthy easy with this eye opening portable weight-loss manual, THE ABS DIET EAT RIGHT EVERY TIME GUIDE. This on-the-go guide pinpoints the foods you should choose to burn away belly fat no matter where you are – at home, in the supermarket, even at the fast-food counter. And it reveals the hidden killers that are adding inches to your waistline and taking years off your life!

Discover these amazing weight-loss secrets:

Should you toast a bagel or an English muffin? Did you know that making the wrong choice will cost you 150 extra calories?

What' s healthier – a bean burrito or a taco salad? Would you believe the healthy salad will pile 130 more calories onto your plate?

Which will make you fatter – a Whopper or a Big Mac? You' ll be stunned to discover the shocking truth!

Learn why a hot fudge sundae is a treat you should eat, why potato chips are better for you than french fries, and why Swiss cheese is three times healthier than Cheddar.

You don' t have time for complicated plans or fancy recipes. In THE ABS DIET EAT RIGHT EVERY TIME GUIDE, Zinczenko tells you how to strip away belly fat in every situation – from the frozen food aisle to the deli, from a five-star restaurant to the drive-thru. On-the-go eating doesn' t have to end up on your gut.

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