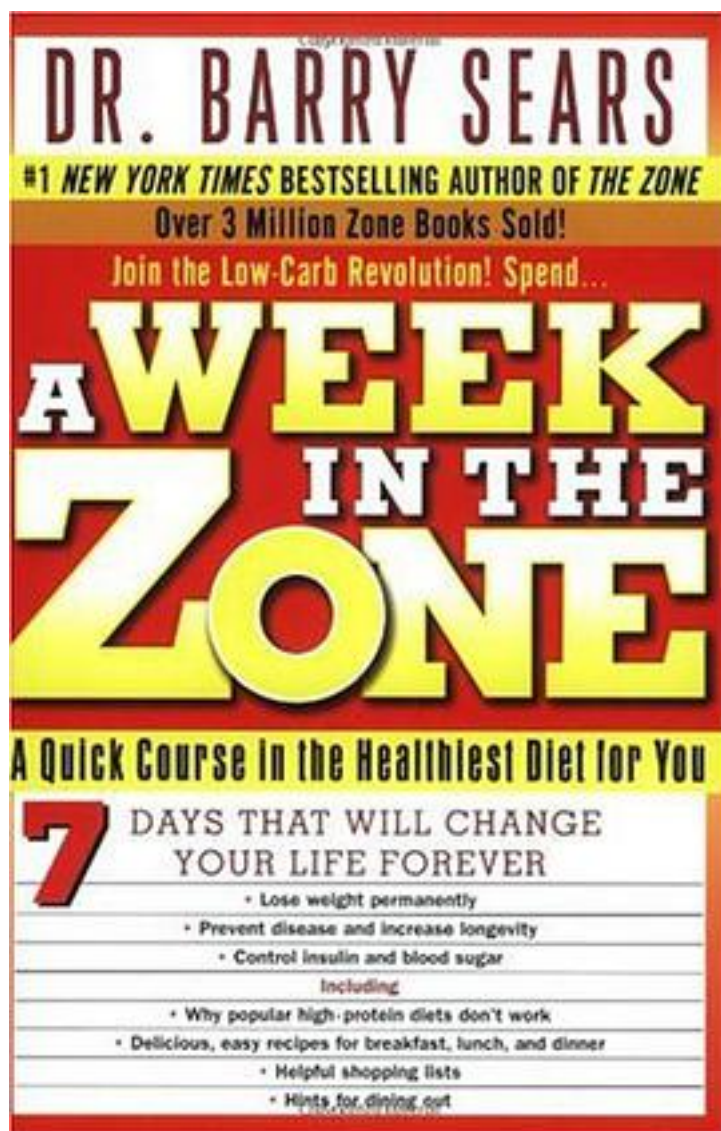


# A Week in the Zone



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Millions of people worldwide have discovered the power of the Zone. A breakthrough approach to dieting based on Nobel Prize-winning scientific research, the Zone treats food as the most powerful drug available. Used wisely, food will take you into the Zone, a state of exceptional health familiar to champion athletes. You'll not only burn body fat, you'll keep it off. You'll also fight heart disease, diabetes, PMS, chronic fatigue, depression, and cancer. Discover the benefits of this revolutionary program in just seven days with A Week in the Zone: Fundamentals of the Zone How to eat in the Zone How to shop in the Zone A week's worth of healthy, satisfying recipes including quick and easy Zone breakfasts, lunches, and dinners The Zone for vegetarians How to order in and dine out in the Zone How to achieve maximum success in the Zone A Week in the Zone also contains appendices on frequently asked questions, how to calculate your lean body mass, information on Zone food blocks, a list of resources, and more. Enter the Zone and experience the dietary program that has transformed the way America eats. You'll be glad you did.

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