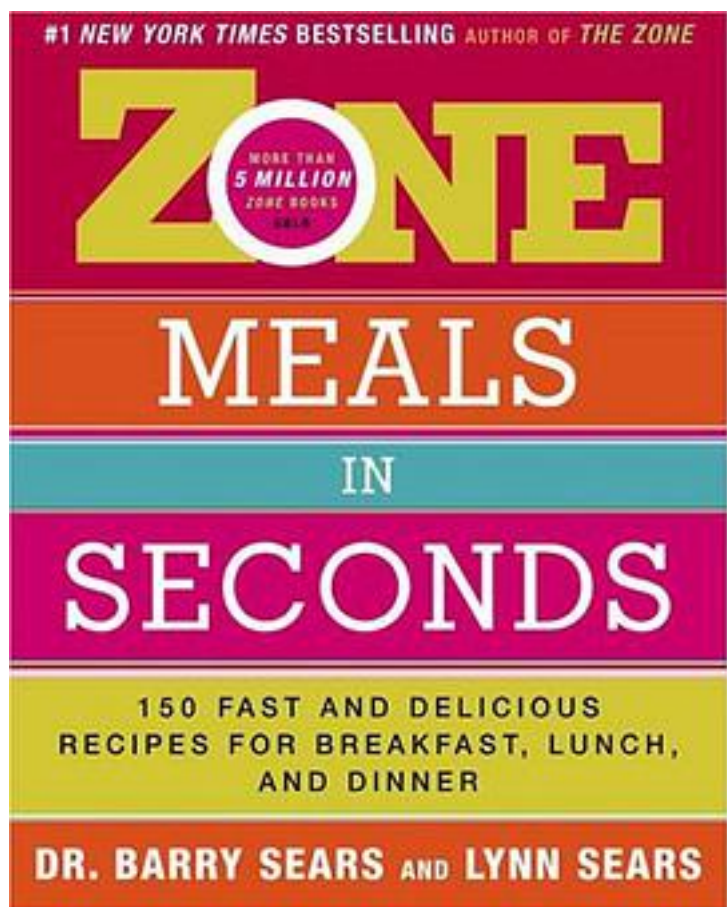


Zone Meals in Seconds



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著者:Sears, Barry Dr

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Stay happily in the Zone with these fresh, flavorful, and satisfying meals! Millions of people worldwide have discovered the incredible weight-loss and health benefits of living in the Zone. Since Dr. Barry Sears first unveiled his dietary program of balanced protein, carbohydrate, and fat in 1995, his books have inspired men and women of all

ages to transform themselves mentally and physically. Now, with Zone Meals in Seconds , it's easier than ever to stay in the Zone. For almost fifteen years, Barry and Lynn Sears have maintained a completely Zone-friendly kitchen for themselves and their two daughters. In addition, as a working mother, Lynn has had to battle the vending machines and fast-food frenzies of the average workday. Zone Meals in Seconds combines Lynn's hard-won wisdom and valuable experience with Barry's Zone expertise and medical knowledge in this family-friendly book. From quick and easy breakfast, lunch, and dinner recipes and snack tips, to mix-and-match lunches for kids, to tasty slow-cooker dishes you can throw together in the morning and enjoy when you come home at night, you'll find hundreds of convenient and delicious ways to experience the incredible benefits of the Zone. Packed with the latest Zone dietary guidelines, shopping advice, and -- most important -- 150 of the best Zone recipes yet, Zone Meals in Seconds will be a hit with hard-core Zone followers and newcomers alike.

作者介绍:

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