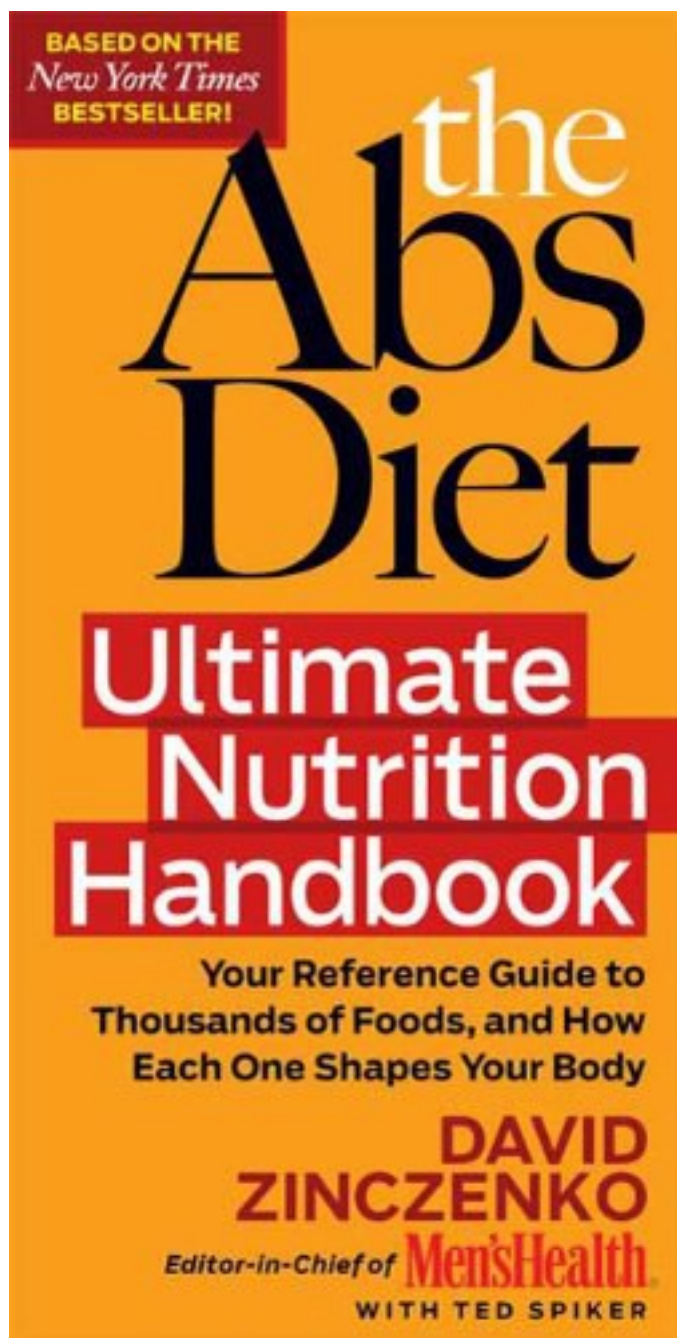


Abs Diet Ultimate Nutrition Handbook



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"The Abs Diet Ultimate Nutrition Handbook" provides the essential information that readers need to make smart food choices every day, serving up nutrition facts the same way the Abs Diet feeds the body in quick, convenient, satisfying bites. Among the most tempting morsels are: the 100 best foods in the world - plus the 20 foods that are so bad they should be banned even from the Abs Diet's weekly cheat meal; dozens of recipes, including ones for stomach satisfying smoothies; the very best - and worst - menu choices; what to eat and avoid during those special occasions; and, two super-efficient circuit workouts, plus bonus abs exercises. Anyone - whether they're among the thousands of Abs Diet success stories or whether they're new to the best-selling programme - can adopt the nutrition secrets in "The Abs Diet Ultimate Nutrition Handbook" and start enjoying remarkable benefits today. The author's previous books include: "The Abs Diet: 6-Minute Meal"; "The Abs Diet for Women, Men, Love & Sex"; "Eat This Not That!, Drink This Not That!"; "Eat This Not That! Supermarket"; and, "Eat This Not That! For Kids".

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