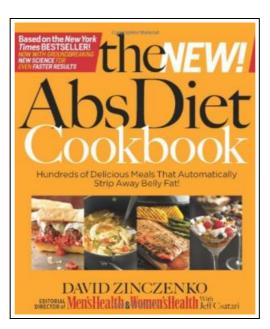
# The New Abs Diet Cookbook



Filesize: 7.47 MB

# Reviews

*Extremely helpful to all of group of individuals. It really is loaded with knowledge and wisdom Its been designed in an extremely basic way and is particularly simply after i finished reading through this ebook where actually altered me, affect the way i believe. (Lily Ryan)* 

# THE NEW ABS DIET COOKBOOK



Rodale Press. Hardcover. Book Condition: New. Hardcover. 304 pages. Dimensions: 9.2in. x 7.5in. x 1.1in.A delicious follow-up to the groundbreaking The Abs Diet, this cookbook delivers more than 200 healthy, mouthwatering breakfasts, lunches, dinners, snacks, desserts, and outdoor grill favorites. Each recipe incorporates one or more of the Abs Diet Power 12 Foods such as almonds, spinach, turkey, and olive oil that are scientifically proven to burn fat and build muscle. The meals in this book take the guesswork out of weight loss and make calorie counting unnecessary. For beginners and seasoned cooks alike, this selection of classic and innovative meals such as Fig andProsciutto Tortilla Bites, Walk-the-Plank Grilled Salmon with Grilled Pineapple, and Blackberry Parfait Martinis makes losing weight and eating healthier both easy and delicious. Special features include speedy meals that take under five minutes to prepare, a beginners guide to food-prep basics, and The New Abs Diet Cheat Sheet and Portion-Distortion Decoder. Based on cutting-edge nutrition research on how to prevent high cholesterol, diabetes, and heart disease with tasty, healthy foods, The New Abs Diet Cookbook is the perfect weight-loss guide for anyone who despises dieting and loves eating. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Hardcover.

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