



The Abs Diet Ultimate Nutrition Handbook: Your Reference Guide to Thousands of Foods, and How Each One Shapes Your Body

David Zinczenko, Ted Spiker

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Hundreds of Quick-and-Easy Nutrition Secrets for a Firm, Flat Stomach

Lose Up to 20 Pounds of Fat in Just 6 Weeks Without Ever Feeling Hungry!

Now, David Zinczenko, best-selling author and editor-in-chief of Men's Health, has collected the most essential, up-to-date nutrition information in the world, and distilled it down to an easy-to-use, breakthrough manual. The Abs Diet Ultimate Nutrition Handbook will arm you with the nutritional information, guidance, and secrets that will give you the body you want, the stomach you want, and the life you want.

Discover the secrets to staying lean for life and building the 6-pack of your dreams?all while eating what you want, when you want. Just learn the secret to making the smartest nutrition decisions, no matter where you are. You'll discover:

- Hundreds of tips on buying, preparing, and even ordering the best meals, and how to make those meals work for your body?not against it.
- Scores of new recipes including dozens of muscle-building, fat-burning desserts!
- Two super-efficient, proven new workouts, plus two bonus abs moves that will sculpt your stomach in no time.
- A 14-day eating plan that will start stripping away flab and showing off your abs?in just days!

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