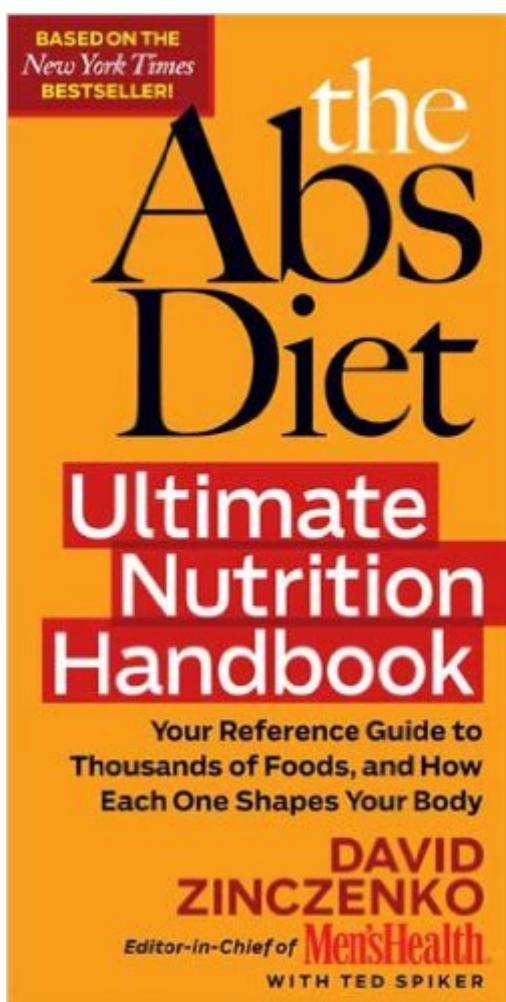


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# The Abs Diet Ultimate Nutrition Handbook: Your Reference Guide To Thousands Of Foods, And How Each One Shapes Your Body



## Synopsis

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

## Book Information

Paperback: 256 pages

Publisher: Rodale Books; 1 edition (December 22, 2009)

Language: English

ISBN-10: 1605296945

ISBN-13: 978-1605296944

Product Dimensions: 6.5 x 0.7 x 9 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (15 customer reviews)

Best Sellers Rank: #1,052,099 in Books (See Top 100 in Books) #123 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts #1098 inÂ Books > Health, Fitness & Dieting > Reference #1562 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

## Customer Reviews

From: [...]Author & Book Views On A Healthy Life!It's the weekend. Not many feel like shopping and then preparing dinner, opting for a quick bite out instead. Watch what you're putting into your mouth, it could end up on your waist! David Zinczenko, author of The Abs Diet Ultimate Nutrition Handbook includes an entire chapter titled, "The 20 Worst Foods Ever!" Eat these and Weep.1. Fettucine

Alfredo--worth up to 1,000 calories and 90 grams of fat. Order instead, whole-grain pasta with marinara.2. Hardee's Monster Thickburger--sounds great guys, but can you afford almost 1,500 calories and 107 grams of fat?3. Creme-Filled Doughnut With Chocolate Icing--my husband used to eat two of these every morning before work, each weighs in at 250 calories, 9 grams of fat--saturated and trans.4. Cinnabon Classic--800 calories and 32 grams of fat; if you just can't pass it up, do like David and split it four ways.5. Deep-Fried Twinkies or Oreos--I've never even eaten these! Avoid deep-fried foods in general. A Twinkie usually contains 150 calories/5 grams of fat. Deep frying triples the cals.6. Cheese Fries with Gravy--1,000+ calories, contains partially hydrogenated oil. Eat a corn chip with salsa, is my quick fix.7. Soda--the scourge of the easy-access generation, it's called "pop" where I grew up. A typical 32oz. cola is around 300 calories. Hint--drink water.8. Bloomin' Onion--2,200 calories for an appetizer! Opt for a house salad.9. Spinach Dip and Chips or Bread--spinach and artichokes themselves are nutritionally sound, but the cheese base of the dip jumps of the cals to around 140 for a 1oz serving.10.

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