



The Abs Diet 6-Minute Meals for 6-Pack Abs: More Than 150 Great-Tasting Recipes to Melt Away Fat!

David Zinczenko, Ted Spiker

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The best-selling Abs Diet series continues with the perfect cookbook for anyone who wants to eat sensibly to get a flat, sculpted set of abdominals ?but doesn't have a lot of time to cook

Tens of thousands of Americans have changed their bodies?and their lives?with the help of *The Abs Diet*, the *New York Times* bestseller from David Zinczenko, editor-in-chief of *Men's Health*® magazine. A key factor in the diet's success is the meal plan, with its healthy, great-tasting, easy recipes featuring the Abs Diet 12 Powerfoods. Now, to meet the demands of today's time-strapped society, Zinczenko and coauthor Ted Spiker present *The Abs Diet 6-Minute Meals for 6-Pack Abs* to help readers make the right food choices?in less time than it takes to pick up a meal at a drive-thru.

The Abs Diet 6-Minute Meals for 6-Pack Abs features:

- 101 6-minute recipes: fast and easy recipes like Barbecue Chicken Pizza, Smokehouse Salad, Summer Vegetable Couscous, and more
- the 12 Abs Diet Powerfoods, plus what makes them nutritional powerhouses and how they increase lean muscle mass and discourage storing fat
- shopping lists, appliance recommendations, and more
- a 7-day meal plan (for those who prefer not to mix-and-match)
- a bonus chapter with 60-minute Sunday creations and 15-minute meals when you have more time

This user-friendly cookbook is the perfect resource for followers of The Abs Diet as well as anyone who wants to change their body to improve their health, their looks, or their athletic performance.

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Kelli Ross:

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Alan Fan:

As people who live in the modest era should be revise about what going on or details even knowledge to make these keep up with the era that is certainly always change and progress. Some of you maybe will update themselves by examining books. It is a good choice in your case but the problems coming to an individual is you don't know what kind you should start with. This The Abs Diet 6-Minute Meals for 6-Pack Abs: More Than 150 Great-Tasting Recipes to Melt Away Fat! is our recommendation to cause you to keep up with the world. Why, because book serves what you want and need in this era.

Martin Elkins:

Spent a free time to be fun activity to accomplish! A lot of people spent their down time with their family, or their friends. Usually they accomplishing activity like watching television, about to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your personal free time/ holiday? Could be reading a book might be option to fill your free of charge time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the book untitled The Abs Diet 6-Minute Meals for 6-Pack Abs: More Than 150 Great-Tasting Recipes to Melt Away Fat! can be excellent book to read. May be it is usually best activity to you.

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