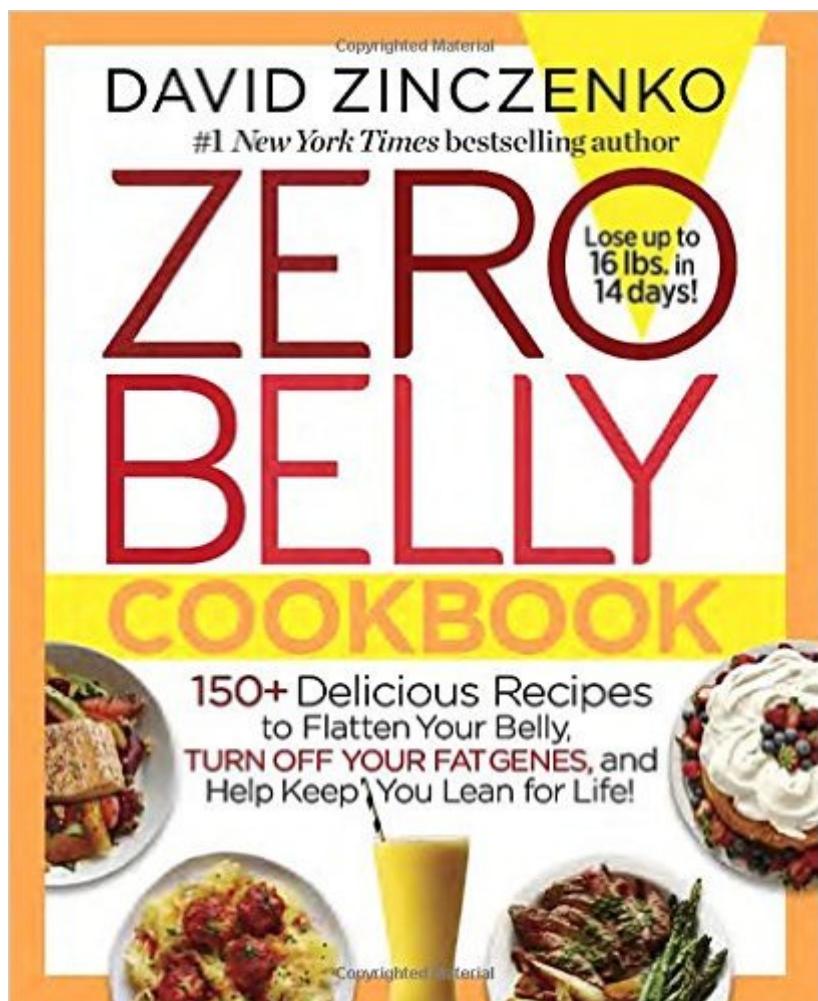


The book was found

Zero Belly Cookbook: 150+ Delicious Recipes To Flatten Your Belly, Turn Off Your Fat Genes, And Help Keep You Lean For Life!



Synopsis

Based on Zero Belly Diet, the revolutionary bestselling weight-loss plan from ABC News nutrition and wellness correspondent David Zinczenko, creator of Eat This, Not That!, Zero Belly Cookbook is a groundbreaking collection of recipes that will teach anyone how to cook beautifully, lose weight fast, and get healthier in just minutes a day. Â SEE THE DELICIOUS DIFFERENCE IN JUST FOURTEEN DAYS! Strip away up to 16 pounds in two weeks with the weight-loss power of gourmet superfoods. Â Ever since the arrival of David Zinczenkoâ™s bestselling Zero Belly Dietâ "with its proven formula to rev up metabolism, melt away fat, and turn off the genes that cause weight gainâ "fans have been clamoring for more scrumptious, waist-slimming recipes to add to their weekly menus. Zinczenko answers the call in Zero Belly Cookbookâ "a collection of more than 150 quick, simple, restaurant-quality meals that will improve how you eat, feel, and live. Â â¢ Metabolism-boosting breakfasts: Set your metabolism racing with the all-day fat-burning protein power of Spinach and Onion Strata and the superfood-packed Apple Pie Muffins. â¢ Flat-belly lunches: Quell hunger with low-calorie, belly-flattening takes on such indulgent favorites as Turkey Meatball Heroes with Onion and Peppers. â¢ Fat-melting dinners: Celebrate easy, automatic weight loss in gourmet style with Green Tea Poached Salmon with Bok Choy or Steak Frites with Arugula Chimichurri and Asparagus. â¢ Slimming snacks: Nibble your way slim with Spicy Popcorn, Fresh Figs and Ricotta, and Avocado with Crab Salad. â¢ Healthy, decadent desserts: Cap off a day of perfect eating with Raspberry Poached Pears, Black Forest Cookies, or Watermelon Wedges with Whipped Cream, Walnuts, and Mint. Â Including tasty dishes from such celebrated chefs as Jason Lawless, Susan Feniger, Chris Jaeckle, and Anita Lo, these tantalizing, easy-to-prepare recipes are specifically designed to target the fat that matters most to your health: belly fat. Regardless of your health history, your lifestyle, or even your genes, Zero Belly Cookbook will give you the power to flatten your belly, heal your body, soothe your soul, and live better than ever.

Book Information

Hardcover: 272 pages

Publisher: Ballantine Books (September 8, 2015)

Language: English

ISBN-10: 1101964804

ISBN-13: 978-1101964804

Product Dimensions: 7.8 x 1 x 9.5 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (263 customer reviews)

Best Sellers Rank: #3,044 in Books (See Top 100 in Books) #20 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #47 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #53 in Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

I have been on this diet for about a month and am not a test panelist. I have not lost any significant weight or inches yet, but I do like the way this diet has made me focus on what my food contains instead of what it doesn't contain. I was guilty of eating things that were "low fat" or "low sugar" but didn't focus on if they contained anything significant nutrition or were just empty calories. I also like how you can eat lots of real food and don't have to starve. However, for this diet to work for you, you have to be willing to shift the way you think about food and be willing to put a lot of time, effort and planning into meals. I think you have to be driven by the desire for good health more than the desire to lose weight. I have to say I am skeptical of the weight loss claims of some of the reviewers. The thing I have really noticed about this diet is how wonderful my digestion has been. I didn't really had significant problems before, but I really feel good on this diet. I noticed the difference after having one "cheat" meal at a restaurant and noticed that overly full, sorted of bloated feeling I no longer have on this diet. It is most likely due to the fact that this diet eliminated gluten and most dairy.

The recipes are delicious, they've done a great job of balancing flavors and food variety. There's a good amount of photos as well, and the recipes actually fill you up, this guy knows his stuff. I was excited to find a diet plan that works and doesn't require constant purchasing of shakes or pills every month. The recipes take about 10-15 minutes per meal, not bad but not super fast. None of them have been difficult, just not extremely fast to make. I would recommend this book, especially if you have tried other diet plans that haven't worked. This one works but you HAVE to stick to it.

I don't buy many cookbooks anymore as I have so many, but this one was well worth it. Simple, everyday ingredients with a sensible plan and I love that there's a photo of every recipe. I feel much more motivated to cook a dish when I know what it's supposed to look like.

This book is a great addition to the Zero Belly Diet with tons of new recipes and ideas to continue the healthy eating introduced in the first book. The basic concept is no processed foods. Every meal should include healthy fat, fiber and protein. I'm very happy with the new recipes and in addition of

more meat recipes and even potatoes.

I started this journey the end of January, 2015. I have lost 41 lbs and have just now incorporated "exercise" with this plan. By the end of January, 2016 my goal is to be at 65 lbs total weight loss. My husband and I both are on this plan and most of all...feel 100% better!! I am 52 and he is 58 and there is no denying that we both will continue eating this way for the rest of our lives!! We do allow ourselves a "cheat day" which takes away the deprived feeling BUT we cheat BETTER these days! It's worth the effort and I am most thankful that it truly works!

My husband and I started the Zero Belly Diet on Valentine's Day 2015. Within 2-weeks I lost 16 pounds and my husband 20. This diet has now become a lifestyle change for us, as we've continued to follow it to this day. It's the easiest diet to follow and adapt to and we've managed to maintain our weight lost. Furthermore, our skin and hair is softer and when we eat something not on the Zero Belly Diet, for instance a deli sub, our bodies react to it. I was excited when asked to be part of the test panel for this new cookbook and even more excited that I'm now a published author with a recipe on pages 114-115. Almost every recipe I tested was superb and I've made them over and over. Most cookbooks I have, I may use 10 to 12 recipes. I've gone through every page of this new cookbook and I can honestly say that I will be trying at least 120 of the 150+ recipes and I can already tell this will quickly become my favorite cookbook. My husband will likely try 97 of them. He's a little pickier than me. The recipes are easy, quick to make, you'll likely already have most ingredients, double easy for leftovers during the week and absolutely delicious. Bon appetit!!!

I love the zero belly diet, so I am loving the cookbook, lots of great ideas, and the ideas are solid. I would buy this for anyone who is trying to not only lose weight, but to eat super healthy, and to understand why certain foods help and other foods hurt you!

To much lead-in, needs editing. I was looking for recipes, not hype, since I am already a believer. I started with the smoothies--oh, so good! The book is worth it just for the smoothies. I quit reading the initial pages and dove into the recipe sections. These recipes rely heavily on strong taste with spices, so they are satisfying in that regard. I feel lighter, less bloated. My metabolism is working better. Another thing I noticed is that although many ingredients are listed, the excess amounts (such as sofrito and half an avocado) are in other recipes, so nothing gets wasted. Included in the book is a list of foods to have on hand in the pantry and there are charts that show how to mix and

match different foods to make egg dishes and other combos. One suggestion is to include a recipe cross reference for all the ingredients to make it easier to plan complimentary meals that will cut down on the grocery list. These meals do change what foods you have in your kitchen, and I don't miss the sugar, carbohydrates, and gluten.

[Download to continue reading...](#)

Zero Belly Cookbook: 150+ Delicious Recipes to Flatten Your Belly, Turn Off Your Fat Genes, and Help Keep You Lean for Life! Zero Belly Fat: Smoothies, Juices, Salads and Many Other Healthy Recipes to Lose Weight and Maintain Flat Belly (Weight Loss, Zero Belly Diet, Flat Belly Diet, Healthy Diet) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Belly Fat Diet Book [Second Edition]: Your Path to a True Belly Fat Cure, and Staying Belly Fat Free for Life Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner to Expert - Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat) The New Abs Diet: The 6-Week Plan to Flatten Your Stomach and Keep You Lean for Life The New Abs Diet for Women: The Six-Week Plan to Flatten Your Stomach and Keep You Lean for Life The Abs Diet: The Six-Week Plan to Flatten Your Stomach and Keep You Lean for Life The Power Of Intermittent Fasting: Discover Effortless Abs Diet giving you greater Mental toughness,quick Fat Loss and no Cardio, enabling Lean Muscle-Building!: Abs workout for lean belly included! Flat Belly Tea Cleanse: A Fast and Easy Approach on How to Lose Inches Off Your Waist, Boost Metabolism and Burn Excess Body Fat (7 day,tea cleanse,belly fat,diet,weight loss,lose,detox Book 1) Low Carb Diet: Burn Fat! Discover Delicious Recipes! And Lose Weight FAST! (Gluten Free Diet, Candida, Atkins Diet, Celiac, Fibromyalgia, Diabetes, Cancer, ... Belly, Grain, Brain, Epilepsy, Belly Fat) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Zero Belly Smoothies: Lose up to 16 Pounds in 14 Days and Sip Your Way to A Lean & Healthy You! Dr. Gundry's Diet Evolution: Turn Off the Genes That Are Killing You and Your Waistline Lean in 15: 15-Minute Meals and Workouts to Keep You Lean and Healthy The New Abs Diet for Women: The 6-Week Plan to Flatten Your Belly and Firm Up Your Body for Life (The Abs Diet) Wheat Belly Cookbook: 150 Recipes to Help You Lose the Wheat, Lose the Weight, and Find Your Path Back to Health Wheat Belly Diet: A 14-Day Wheat Belly Diet Plan To Lose Belly Fat In 14 Days (Gluten Free) Low Carb High Fat Cookbook: Bacon, Butter & Coconut Oil-101 Healthy &

Delicious Low Carb, High Fat Recipes Perfect For the Paleo Diet, Atkins Diet, Low ... Paleo Cookbook, Gluten Free Cookbook)

[Dmca](#)