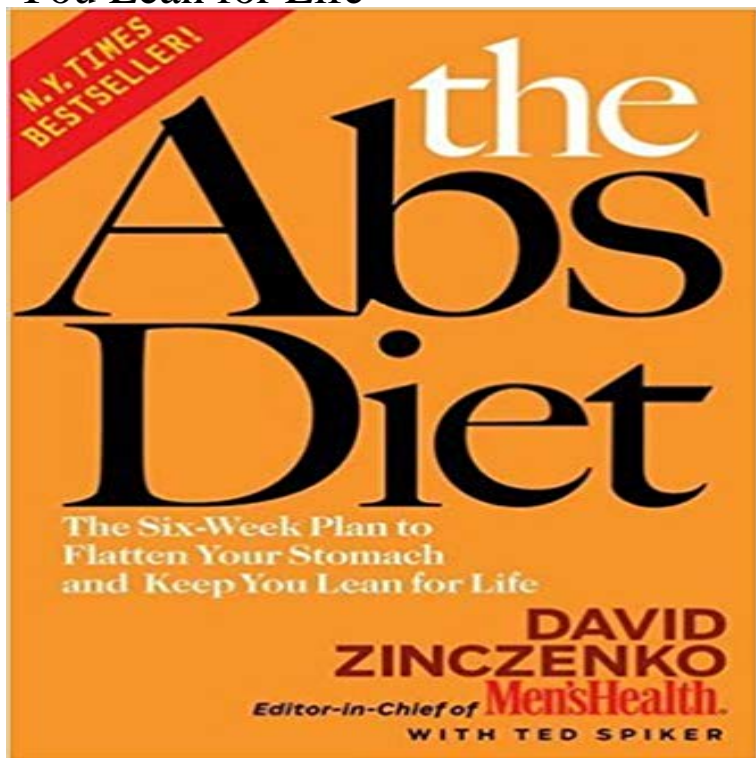


The Abs Diet: The Six-Week Plan to Flatten Your Stomach and Keep You Lean for Life



Great-looking abs are more than just a way to support the mirror industry. In fact, strong abs and flat stomachs are the ultimate indicator of overall health-for both men and women. Great abs will help you live longer, sleep better, prevent back pain, and significantly improve your sex life! (And, hey, they dont look half-bad in the mirror, either.) Unfortunately, you could spend years on starvation diets and extreme exercise programs that never unearth those elusive stomach muscles.Or you could spend just six weeks with David Zinczenko, Editor-in-Chief of Mens Health magazine, on THE ABS DIET-an easy and effective program for everyone that is helping thousands of people lose weight, flatten their guts, banish post-pregnancy bellies, and become healthier than they ever thought possible. Whats more, once on this revolutionary new diet youll look and feel better than ever without deprivation dieting, counting calories, measuring foods, worrying about confusing phases-or ever feeling hungry!Sound impossible? Let David Zinczenko prove it to you. As editor-in-chief of the worlds most important mens magazine, Zinczenko has devoted his career to helping people improve their lives through the latest and most well-researched health, nutrition, and exercise information available.Now, in the national bestseller THE ABS DIET, Zinczenko reveals his infallible formula that works for both men and women:- The ABS DIET POWER foods: the 12 best foods (all part of an easy-to-remember acronym) that will naturally boost your metabolism so that you can strip away fat, build muscle, and look and feel great for life. (Bonus: Many of the Abs Diet Powerfoods are even-gasp-carbs!)-SIMPLICITY: This low-maintenance program is easy to follow because there are no scales, no phases, no calculus-like formulas to compute, and no recipes that take a culinary degree to make. (One of the

secret weapons: Satiating smoothies.) In fact, many of the dozens and dozens of delicious meals you can make take no more than a few minutes to prepare!-
INCENTIVE: The plan never leaves you hungry. Instead, it encourages you to eat (a whopping six times a day!), stokes your metabolism, and even lets you cheat now and then. ENERGY: Designed to help you build the lean muscle that and melt away that pesky belly fat, this full-body exercise program can be done at home in only 20 minutes, 3 times a week, with nothing more than a set of dumbbells! -
LONGEVITY: An easy-to-remember maintenance plan will help you maintain your flat stomach forever. Thousands of people are on THE ABS DIET, which can help you lose up to 20 pounds in six weeks-all while gaining pounds of muscle!-because its easy to follow and even easier to stick to. THE ABS DIET also describes some of the stories of people who went on the program and had amazing successes. In those cases, these people ended up changing their waistlines-and their lives. THE ABS DIET is the best, last and only diet and nutrition plan that you will ever need. Read about how low-carb diets are making you fat, about how the food industry is putting secret fat bombs in your favorite foods, and about how you can fight back. You'll find out why 95 percent of all diets fail, and why THE ABS DIET is different. So how about joining on for a six-pack? Yours.- 12 superfoods that will change your life.- A simple maintenance plan to keep your abs from disappearing Six weeks to superior strength and sexy symmetry every man-and woman! -lusts after. Mens Health can show you how.

The Abs Diet: The Six-Week Plan to Flatten Your Stomach and Keep You Lean for Life eBook: David Zincenko, Ted Spiker: : Kindle Store. The Abs Diet: Six Week Plan to Flatten Your Stomach & Keep You Lean for Life. The idea that a diet book making such proposals comes as a ple. THE ABS DIET: The 6-Week Plan to Flatten Your Stomach and Keep You Lean for Life. The Abs Diet: Six Week Plan to Flatten Your Stomach & Keep You Lean for Life. by KIRK MALTBEE Sept. 11, 2017. The Abs Diet: Six Week The New Abs Diet: The 6-Week Plan to Flatten Your - Google Books The New Abs Diet: The 6-Week Plan to Flatten Your Stomach and In survey after survey, men and women say that a flat abdomen is the ultimate The Abs Diet: The

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