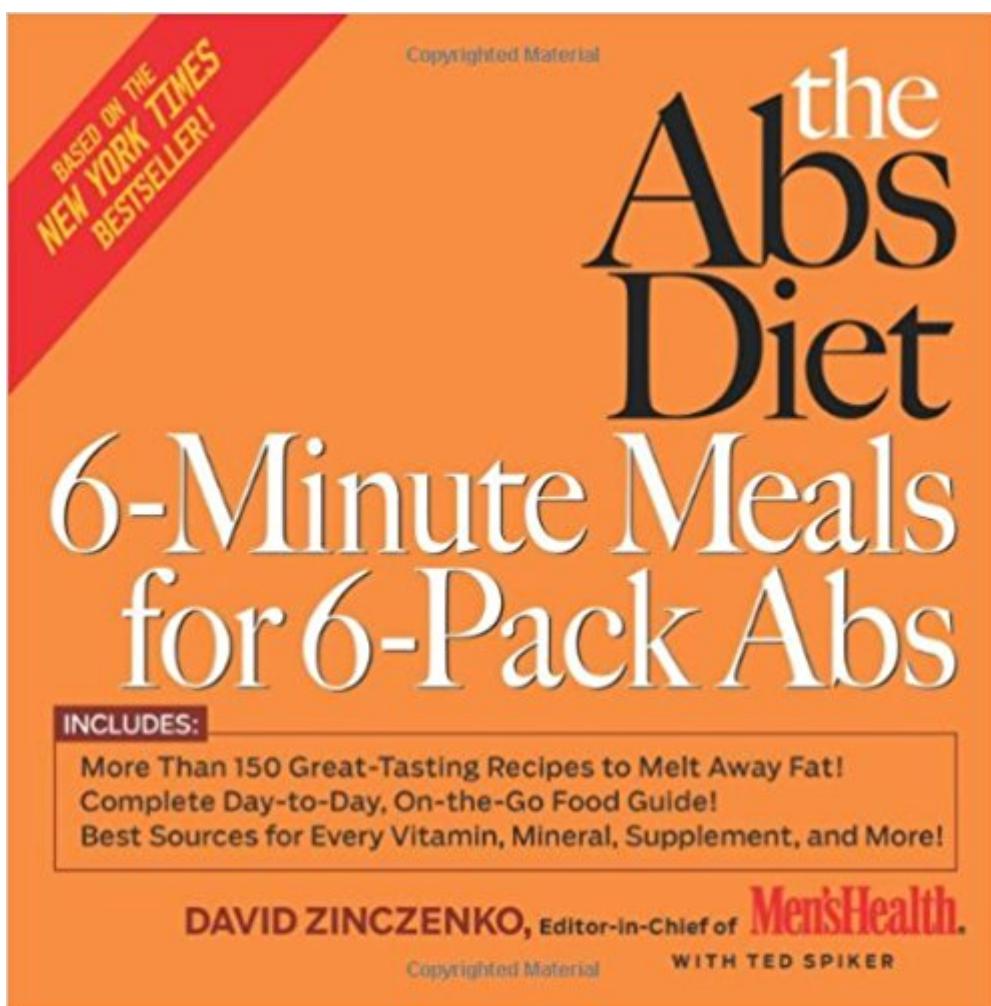


The book was found

# The Abs Diet 6-Minute Meals For 6-Pack Abs: More Than 150 Great-Tasting Recipes To Melt Away Fat!



## Synopsis

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 cookTens 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.

## Book Information

Hardcover: 256 pages

Publisher: Rodale Books; 1 edition (May 16, 2006)

Language: English

ISBN-10: 1594865469

ISBN-13: 978-1594865466

Product Dimensions: 6.8 x 24.6 x 6.9 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 72 customer reviews

Best Sellers Rank: #341,950 in Books (See Top 100 in Books) #213 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #775 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #1904 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

## Customer Reviews

Everything tastes good. Some things take about 10 mins and some ingredients can be hard to find

in a small red meat and dairy lovin' town, so if that's the town you live in don't expect to be able to start the day you get the book. Several ingredients need to be ordered over the internet. No worries though, it has healthy fats enough that your husband will get jealous about what your eating, start snitching your food, and ask when you're gonna start your diet. He'll never realize you've put him on it as long as you don't serve him any green smoothies! I've picked up his other books for when I have more time on some evenings and lots of weekends. It was nice to fit back into last years party clothes this season!

Variety is the key to longevity. The original Abs Diet book was great as a starter but something else was desperately needed, at least for me, to keep from having to spend too much time that wasn't available in the kitchen preparing the foods beforehand. The smoothies were great for a while, but eventually even they became so repetitive that I was beginning to lose my taste for them. I even ran out of inventive recipes for the smoothies. Just when the diet itself was getting to me, this book came out. The simplicity of the recipes reminded me of how much of a cook I am not. This book addresses both of my previous problems. First, it revamped the variety I once found in the foods recommended; Second, it provided me with many recipes that I could string together in a pinch. This book was just the thing I needed to keep to this great diet plan for life. The Abs Diet Restaurant Guide is great as well, but you really aren't eating that healthy whenever you eat out and stapling this diet around that book means that you have to spend more TIME lifting or doing cardio to balance it all out. To reiterate, this book along with the Abs Diet (and even the Abs Diet Restaurant Guide when you get caught having to go out) is everything you need to stick to the regimen required to keep you lean from life and hopefully free of biological deficiencies (diabetes and the like). Do yourself a favor and work now to save your life later.

Didn't care for the recipes. Good book otherwise.

Love all the motivating info and research data included here. The recipes are very useful also. Just wish they were arranged easier to find and access--ESPECIALLY in the kindle version (a real pain to go back and forth to look for and find). That said, I'm psyched to be doing this plan. For some reason, it seems a lot more appealing and easier to STAY on in the long term than others I've tried, even weight watchers.

I wanted to lose weight and eat less processed foods. My husband heard of these books so I

surprised him with 2 of the Abs Diet Books. I live by these books and have lost weight and best of all, I am never, never hungry. The smoothies are just delicious and the recipes are quick and easy for those of us rushing out to work in the morning. I have many diet books and these are my favorites as they have basic ingredients and I am not running to the store to purchase food that I may never eat again! Well worth the read and the author is a great writer who ads wit with his wisdom. He is actually very funny and I am following this way of eating more than my husband is.

Worked so good i picked up the version for woman for my wife. She is coming back from a serious injury has not resumed gym activity. Using the book she has dropped 13lbs in 3 weeks..Great product as it teached you how to eat properly using whole foods. Not a quick fix plan and easy to fo;;ow.

I've been following an abs diet for a while, with little results. I got this book and put it into play and have noticed the flubber disappearing. It won't magically give you abs, you still have to work out some, but this is definitely a great heads up and plan of action. Abs are made in the kitchen - and this gives you the key.

Unlike other dieting guides, the recipes in this books are actually DELICIOUS and ones that I look forward to making every day! (I've tried low-fat or low-carb recipe books in the past and have had disastrous results--truly tasteless or inedible concoctions.) These recipes are easy to follow, quick to make, and don't involve hard-to-find/obscure ingredients from the health food store. In fact, I don't feel as though I'm on a "diet" in the least!

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

The Abs Diet 6-Minute Meals for 6-Pack Abs: More Than 150 Great-Tasting Recipes to Melt Away Fat! ABS: The Ultimate Guide on How to Gain Six Pack Abs Fast (Abs Exercise- Abs Bible- Abs Diet for Men- Abs Diet for Women- Abs after 40 - Abs over 40) BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Juicing Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away!

(Juice Cleanse, Juice Diet, ... Juicing Books, Juicing Recipes) (Volume 1) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know \*\*BONUS\*\* 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) Mediterranean Diet: 150 Recipes to Lose Weight, Get Healthy and Feel Great (Mediterranean Diet, Mediterranean Diet For Beginners, Mediterranean Diet Cookbook, Mediterranean Diet Recipes) Paleo Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Paleo Recipes, Paleo, Paleo ... Paleo Recipe Book, Paleo Cookbook) (Volume 1) Burn Belly Fat: 31 Ways to Melt Fat Around Your Belly & Tone Your Abs! South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Wine Tasting: Secrets of Wine Tasting - The Ultimate Guide To Learn Everything About Wine Tasting & Wine Pairing (Wine Selecting, Wine Variety, Wine Making, Wine Education) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) The Metabolism Miracle Cookbook: 175 Delicious Meals that Can Reset Your Metabolism, Melt Away Fat, and Make You Thin and Healthy for Life Crock Pot: Delicious Crock Pot Dump Meals, Freezer Meals and More! (Crock Pot, Crockpot Recipes Cookbook, Dump Meals, Freezer Meals, Chicken and Soup Recipes) The New Abs Diet Cookbook: Hundreds of Delicious Meals That Automatically Strip Away Belly Fat! Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)