



## The Abs Diet Eat Right Every Time Guide

*David Zinczenko, Ted Spiker*

[Download now](#)

[Read Online ➔](#)

# **The Abs Diet Eat Right Every Time Guide**

*David Zinczenko , Ted Spiker*

**The Abs Diet Eat Right Every Time Guide** David Zinczenko , Ted Spiker  
Smart Eating Choices – Made Simple!

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.

The principles of The Abs Diet are simple: Eat more healthy food – six delicious meals a day – and crowd out the bad stuff that's making you fat. The Abs Diet has been proven to strip off 10, 15, even 20 pounds of flab – from your belly first – in six weeks or less.

Now, Zinczenko makes eating smart and healthy easy with this eye opening portable weight-loss manual, **THE ABS DIET EAT RIGHT EVERY TIME GUIDE**. This on-the-go guide pinpoints the foods you should choose to burn away belly fat no matter where you are – at home, in the supermarket, even at the fast-food counter. And it reveals the hidden killers that are adding inches to your waistline and taking years off your life!

Discover these amazing weight-loss secrets:

Should you toast a bagel or an English muffin? Did you know that making the wrong choice will cost you 150 extra calories?

What's healthier – a bean burrito or a taco salad? Would you believe the healthy salad will pile 130 more calories onto your plate?

Which will make you fatter – a Whopper or a Big Mac? You'll be stunned to discover the shocking truth!

Learn why a hot fudge sundae is a treat you should eat, why potato chips are better for you than french fries, and why Swiss cheese is three times healthier than Cheddar.

You don't have time for complicated plans or fancy recipes. In **THE ABS DIET EAT RIGHT EVERY TIME GUIDE**, Zinczenko tells you how to strip away belly fat in every situation – from the frozen food aisle to the deli, from a five-star restaurant to the drive-thru. On-the-go eating doesn't have to end up on your gut.

## **The Abs Diet Eat Right Every Time Guide Details**

Date : Published January 5th 2005 by Rodale Books (first published December 31st 2004)

ISBN : 9781594862380

Author : David Zinczenko , Ted Spiker

Format : Paperback 176 pages

Genre : Health, Nonfiction, Food and Drink, Diets, Cooking, Food, Cookbooks, Reference



[Download The Abs Diet Eat Right Every Time Guide ...pdf](#)

 [Read Online The Abs Diet Eat Right Every Time Guide ...pdf](#)

---

**Download and Read Free Online The Abs Diet Eat Right Every Time Guide David Zinczenko , Ted Spiker**

---

## **From Reader Review The Abs Diet Eat Right Every Time Guide for online ebook**

### **Kristine says**

really good recipes. we've tried three of the suppers and two out of the three were a big hit with my whole family and that is saying something! also we are big fans of the smoothies and make them all the time.

---

### **Biscuits says**

Full of helpful hints, especially from a nutritional standpoint. The 12 Powerfoods work and are delicious.

---

### **Heather Monk says**

Some good information but not very organized in order to find specific things that you'd want to learn or remember throughout the book. Just seems scattered.

---

### **Haritha says**

Zinczenko has put together an easy way to remember all the healthy foods in one place. The Abs Diet didn't really tell me a lot of stuff I didn't already know, but it has given me a structure to follow. Zinczenko's advice centers on what he calls "powerfoods", eating 6 meals a day incorporating them, letting the body do its own portion control and building muscle. He gives space for one cheat meal a week. He also does a great job simplifying everything by giving tons of easy recipes and a nifty guide to eating healthy outside.

The plan sounds pretty well organized and balanced to me- except I probably would try to include some portion control just because that's what I have trouble doing. 3 stars for now. Will increase stars if it works.

---

### **Sandy Garcia says**

Great informational book. It teaches you to make better food choices when buying groceries and when eating out.

---

### **Amy says**

This book is amazing! I don't know if it will actually help me lose weight yet, but I love the philosophy and I definitely feel better and am making better choices when it comes to food.

---

**Debby says**

For an eating plan designed to help you lose the fat to enable you to build 6-pack abs, I found it interesting that his smoothiee recipes were made with ice cream. Now, I like that idea!!

---

**Jenni says**

Interesting take on food. I'm not planning on doing the actual diet but I did find the books very informative regarding good nutrition for weight loss.

---

**Carolyn says**

The nutritional information in this book is great. It gets real about what's good to eat and what's not good. The thing I liked most about it is that it encourages eating fatty foods as longs as they are the right kinds of fat (poly & mono - unsaturated) because these foods are actually very healthy. It does warn to watch the portions, though, and also gives info about several main-stream restaurants...what's the most healthy and least healthy dish from each one.

---

**Linda says**

The author, David Zinczenko, has a certain flair while delivering his healthy message. I learned a few new things, but I'm baffled by no mention whatsoever of carbohydrates being a no-no. (I know there are good carbs.) I like THIS guide since it offers menu choices, actual recipes, and out-to-dinner guides. Looks like I'll be shopping at Trader Joe's-that's a safe bet for healthy food. I think anyone would like it. It's another look at success stories AND a very manageable plan.

---