



## The Abs Diet: 6-minute Meals for 6-pack Abs

By David Zinczenko

Rodale Press. Hardback. Book Condition: new. BRAND NEW, The Abs Diet: 6-minute Meals for 6-pack Abs, David Zinczenko, Tens of thousands 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 co-author 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 takeaway. "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); and, a bonus chapter with 60-minute Sunday creations and 15-minute meals when you have more time. This...



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