



# **Zero Belly Cookbook: 150+ Delicious Recipes to Flatten Your Belly, Turn Off Your Fat Genes, and Help Keep You Lean for Life!**

*David Zinczenko*

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## Zero Belly Cookbook: 150+ Delicious Recipes to Flatten Your Belly, Turn Off Your Fat Genes, and Help Keep You Lean for Life! David Zinczenko

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.

**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.**

Ever since the arrival of David Zinczenko's bestselling *Zero Belly Diet*—with its proven formula to rev up metabolism, melt away fat, and turn off the genes that cause weight gain—fans have been clamoring for more scrumptious, waist-slimming recipes to add to their weekly menus. Zinczenko answers the call in *Zero Belly Cookbook*—a collection of more than 150 quick, simple, restaurant-quality meals that will improve how you eat, feel, and live.

- **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.
- **Flat-belly lunches:** Quell hunger with low-calorie, belly-flattening takes on such indulgent favorites as Turkey Meatball Heroes with Onion and Peppers.
- **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.
- **Slimming snacks:** Nibble your way slim with Spicy Popcorn, Fresh Figs and Ricotta, and Avocado with Crab Salad.
- **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.

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.

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### **From reader reviews:**

#### **Willie Collier:**

Spent a free time to be fun activity to complete! A lot of people spent their free time with their family, or their own friends. Usually they undertaking activity like watching television, about to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your free time/ holiday? Might be reading a book can be option to fill your free time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to try look for book, may be the publication untitled Zero Belly Cookbook: 150+ Delicious Recipes to Flatten Your Belly, Turn Off Your Fat Genes, and Help Keep You Lean for Life! can be very good book to read. May be it may be best activity to you.

#### **Nicolas Dandrea:**

A lot of people always spent their own free time to vacation or even go to the outside with them family members or their friend. Were you aware? Many a lot of people spent these people free time just watching TV, or perhaps playing video games all day long. If you wish to try to find a new activity that's look different you can read the book. It is really fun in your case. If you enjoy the book you read you can spent the entire day to reading a publication. The book Zero Belly Cookbook: 150+ Delicious Recipes to Flatten Your Belly, Turn Off Your Fat Genes, and Help Keep You Lean for Life! it doesn't matter what good to read. There are a lot of people that recommended this book. These folks were enjoying reading this book. In case you did not have enough space to bring this book you can buy the particular e-book. You can m0ore easily to read this book from a smart phone. The price is not too costly but this book offers high quality.

#### **Joy Becker:**

Many people spending their time period by playing outside together with friends, fun activity with family or just watching TV the entire day. You can have new activity to pay your whole day by reading a book. Ugh, do you think reading a book can definitely hard because you have to bring the book everywhere? It fine you can have the e-book, delivering everywhere you want in your Mobile phone. Like Zero Belly Cookbook: 150+ Delicious Recipes to Flatten Your Belly, Turn Off Your Fat Genes, and Help Keep You Lean for Life! which is getting the e-book version. So , try out this book? Let's notice.

#### **Micheal Goggin:**

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