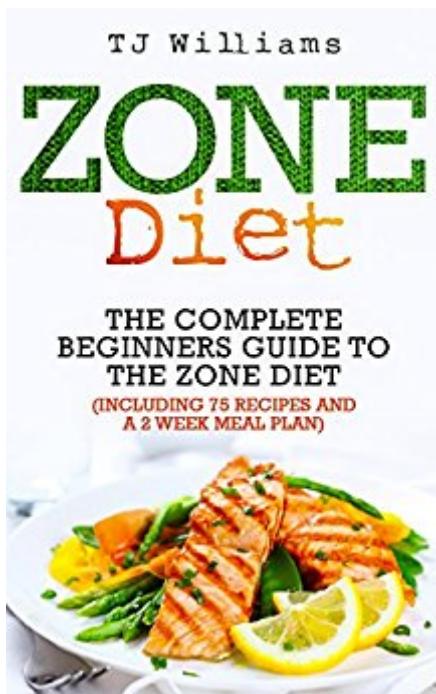


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# Zone Diet: The Ultimate Beginners Guide To The Zone Diet (includes 75 Recipes And A 2 Week Meal Plan) (Antioxidants & Phytochemicals, Macrobiotics)



## Synopsis

Zone Diet - The Ultimate Beginners Guide To The Zone Diet (includes 75 recipes and a 2 week meal plan)As you spend your first few days at your Cross Training gym, you may be very excited to find out more about the various exercises that are involved, weekly training plans, clothing and equipment. A well balanced diet plan can be overlooked at times, but itâ™s a crucial component to providing you with the fuel to get the fitness, performance and the physique of your dreams. I've worked with hundreds of clients over the last couple of years who misinterpret the meaning of training hard as many of them used to think that bodybuilding or fitness is done only at the gym. But that is not true. There is a popular saying across the fitness industry that states 30% of the fitness you gain is from the gym and 70% from the kitchen. The exact percentage is likely to fluctuate based on the individual and their goals for training, but the premise is accurate. Most of your gains (approx. 2/3 to 3/4) will be made from nutrition alone. Yes, you heard it right! While your personal trainer may have talked to you about 'Paleo Diet', which is a very popular nutrition strategy, they may have omitted another useful dietary routine going by the name of the 'Zone Diet'. What is the Zone Diet? This is a diet form that primarily consists of consuming foods with high protein and low carbohydrates on 5 equally balanced meals that span throughout the day. This book will introduce you to the Zone Diet, it's benefits, and how to implement it into your life with 75 recipes and a 2 week meal planHere's a preview of what's insideOrigins of Zone DietBasics of The Zone Diet and How It WorksBenefits of The Zone DietWhat Advantages Does The Zone Diet Have Over The Paleo Diet?The Zone Diet â™s & Donâ™tsâ™How To Apply The Zone Diet To Your Training PlanZone Foods75 Zone Recipes - Breakfast, Lunch, Dinner, Snacks, and Desserts2 Week Meal Planand So Much MoreDownload your copy today to receive all of this information. Just Scroll to the top of the page and select the Buy Button-----

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## **Customer Reviews**

Awful.... Didn't get past day 1. There is no info as to how many servings each recipe is. The 'crumble' for day 1 uses 3 apples so i doubt it is one server but who knows, no useful info, no nutritional info, if I could ask for a refund i would. EPIC FAIL!!!!

Probably the most unfounded writing of a nutrition book I have ever read. Their advice is based on popularity and nothing scientific. I could have written the bulk of the information of this book after doing a 20 min search on google about this diet. I am not discrediting the diet, just this book specifically.

Numerous typos. Recipes have strange ingredients that you must decipher. Recipes do not include how many blocks, so you do have to spend time figuring them which conflicts with the authors claim that using this meal plan n is easy. Quite disappointed in this book.

Too basic and doesn't provide a list of foods/blocks. Super disappointed.

This is my first time to read a zone diet book. My friend had recommended me to try zone diet but I really don't have any idea what this diet is all about. This book begins with brief introduction on who developed zone diet, what zone diet is and its benefits. This book would be my guide in achieve my desired weight lose plus the fact that this diet can be of good prevention of cardiovascular diseases. This book is not just what zone diet is but there are some delicious recipes which are all easy to prepare. Awesome book!

Easy to read but overall a complex diet with tons of measuring. While I have lost 30 lbs with this diet in the past it is very complex and not easy to maintain. Great for those with a ton of discipline.

Zone diet meals are a great way to enjoy healthier home cooking while saving time, money and calories from eating out. You can take comfort in the following list of 75 delicious dash recipes and healthy slow cooker recipes to reduce weight, lower cholesterol, lower inflammation, lower risk of heart disease, lower risk of stroke and diabetes. This book will saved you the time and effort of searching for nutritious zone recipes options that don't sacrifice taste. They're the perfect choice for warming up your insides on a cold day, and they're as good for the body as they are for the soul. And since this are all zone recipes, you don't even have to worry about spending your whole day stuck in the stove. This is helpful for someone who is learning how to cook with a zone food. Highly recommended.

Was the worst recipe book I ever got it said to avoid some foods then turns around a tells you to use then don't waist your money

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