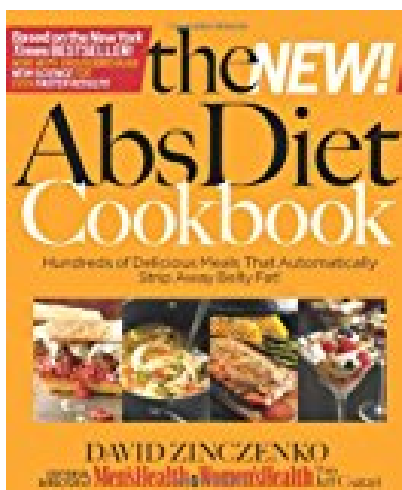


The New Abs Diet Cookbook Hundreds of Delicious Meals That Automatically Strip Away Belly Fat!



BOOK DETAILS

- Author : David Zinczenko
- Pages : 304 Pages
- Publisher : Rodale Books
- Language : English
- ISBN : 1605293148

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BOOK SYNOPSIS

A follow-up to The Abs Diet shares more than 200 healthy recipes that incorporate one or more of 12 fat-burning and muscle-building foods, in a reference that includes beginners guidelines for basic food preparation and options for quick-prepare meals.

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