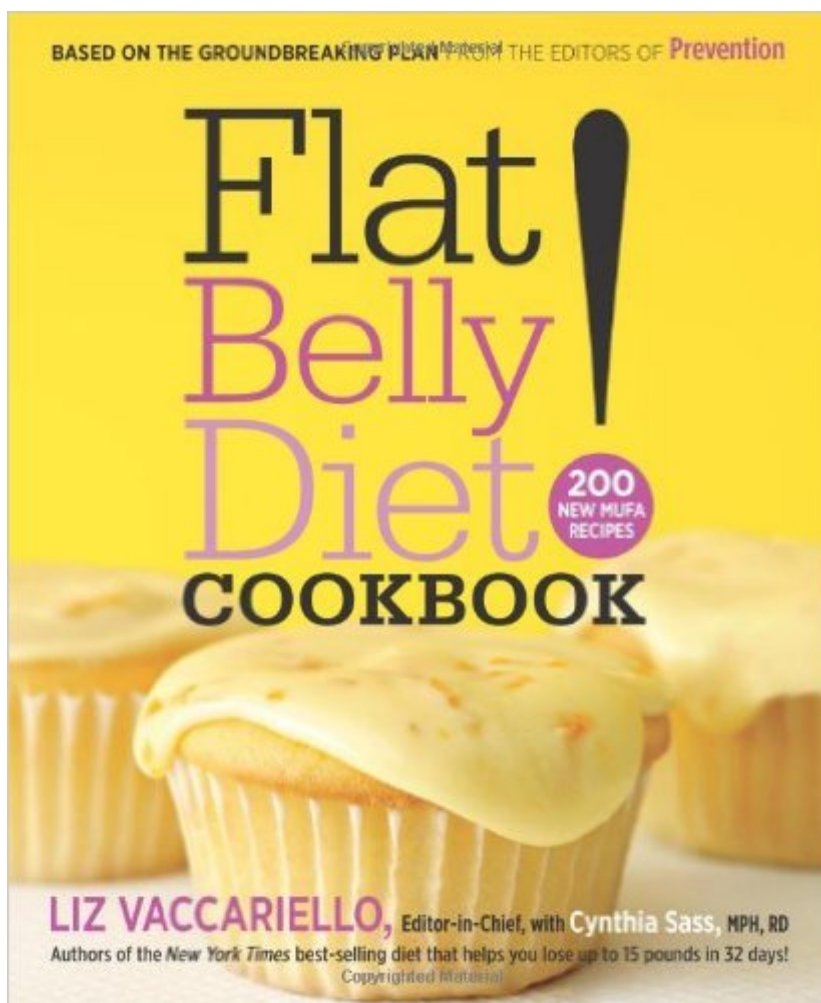


The book was found

Flat Belly Diet! Cookbook: 200 New MUFA Recipes



Synopsis

Belly fat is not only unsightly, it's deadly; it has been linked to a long list of adverse health conditions, including heart disease, diabetes, and breast cancer. Prevention's Flat Belly Diet, a revolutionary plan that's already helped more than one million people lose weight around their middles, may help target dangerous belly fat with monounsaturated fats (better known as MUFAs) found in delicious foods like nuts and seeds, vegetable oils, olives, avocados, and dark chocolate. "The food...tastes so good, and there's so much of it!" On the Flat Belly Diet, it's important to enjoy these foods, in the right amounts, with every meal. The Flat Belly Diet! Cookbook - by Liz Vaccariello with Cynthia Sass, MPH, RD - makes that easy. All of the recipes were carefully developed to make sure every meal includes just the right amount of MUFAs and meets the plan's 400-calorie guideline, so readers can mix and match meals to suit their taste. And there's no need to count calories. All the work has already been done! "I had to get over all those years of denying myself.... I'm so excited by this diet." Packed with 200 dishes that feature these scrumptious fat-fighting MUFA-rich foods, as well as more than 50 lush photographs, this book gives readers plenty to whet their appetites: -Great-to-wake-up-to dishes like Banana Pancakes with Walnut Honey and Eggs Florentine with Sun-Dried Tomato Pesto -International favorites like Thai Corn and Crab Soup and Caribbean Chicken Salad -Cozy comfort food like Spaghetti with Roasted Cauliflower and Olives and Turkey Meat Loaf with Walnuts and Sage -Quick, satisfying snacks like Tex-Mex Snack Mix, Peanut Butter Spirals, and Nutty Chicken Nuggets -Sweet treats like Super-Rich Chocolate Cake with Maple Frosting and Peach and Blueberry Tart with Pecan Crust

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Customer Reviews

The visceral fat (belly fat) properties of MUFAs have been featured on Dr. Oz. For a recap of the show go to the fan page called drozfans. This recaps each show. He did a game as to which item burned belly fat (such as prunes or olives?) the answer was of course always the MUFAS. When this book came out there were few studies on MUFAs and old school docs scoffed. Now after numerous studies it is accepted science in medical journals and, yes, even on the Dr. Oz show. While this already has a great rating and almost 300 reviews I know that one more positive won't change that...but knowing the science behind it and how it blew my mind in my own fast weight loss, there is no doubt I'm adding my positive review to the pile. First off, I study the major medical changes in diets. That means, I scoff at the "university studies" you see in the news or magazines with "shocking" news that was only done in limited time on a limited number of people, not using things like a hyperbolic chamber to measure caloric expenditure etc. Some diet news is simply not regulated and only done to MAKE the news. However, there are other medical studies that are accepted as fact and have changed dieting as well as updated medical journals of physicians...because they are done as long as an 8 year study with almost a thousand people or with major medical controlled studies at, for example, Johns Hopkins University. These I discuss with clients and these go into the medical journal as fact and working. And this book took ALL of them into each meal. I am small, I work out often, I have never been able to go over 1,300 calories per day however when I want to lose weight. And I'm always hungry...

I really liked this book and diet. I am 37, exercise 5 times a week (an hour each time) and still couldn't lose my muffin top... so I decided to try this diet. I have now been on it 3 weeks and have lost 6 lbs and an inch off my waist. True, this diet does adhere to the things you should be sticking to anyway... portion control, more vegetables and whole grains. But I think where it is really successful is educating you on all the sodium in foods; especially processed. This is a "low sodium" diet and I can tell you from experience the anti bloating really has made a difference for me. You could also describe it as more of a "natural diet".. or maybe "Mediterranean" diet is a better word.. getting rid of all that processed crap available in stores that say it's lo-cal/low fat but full of other stuff you shouldn't really be eating anyway (like sodium). They do recommend some brands of things that are hard to find, but it tells you in the book how to substitute as long as it has similar ingredients and calories. The diet can be a little pricey to start with... lots of nuts and so forth.. but they last a long time so your not buying them every week. I purchased mine at BJ's and Trader Joes where they are cheaper. I'm sure if you stopped buying all the other stuff (chips, dips, sauces, etc) the cost would

probably even out. I find this diet is really successful for me because it's not very restrictive, so I know I can stick to it and really simple to follow. If you are considering buying this book, I found the pocket book a bit more helpful with the food menu's, recipes and shopping. The cookbook is also good. So maybe just get this one from the library and actually buy the pocket guide. It worked for me anyway... hope you found this helpful. PS.

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