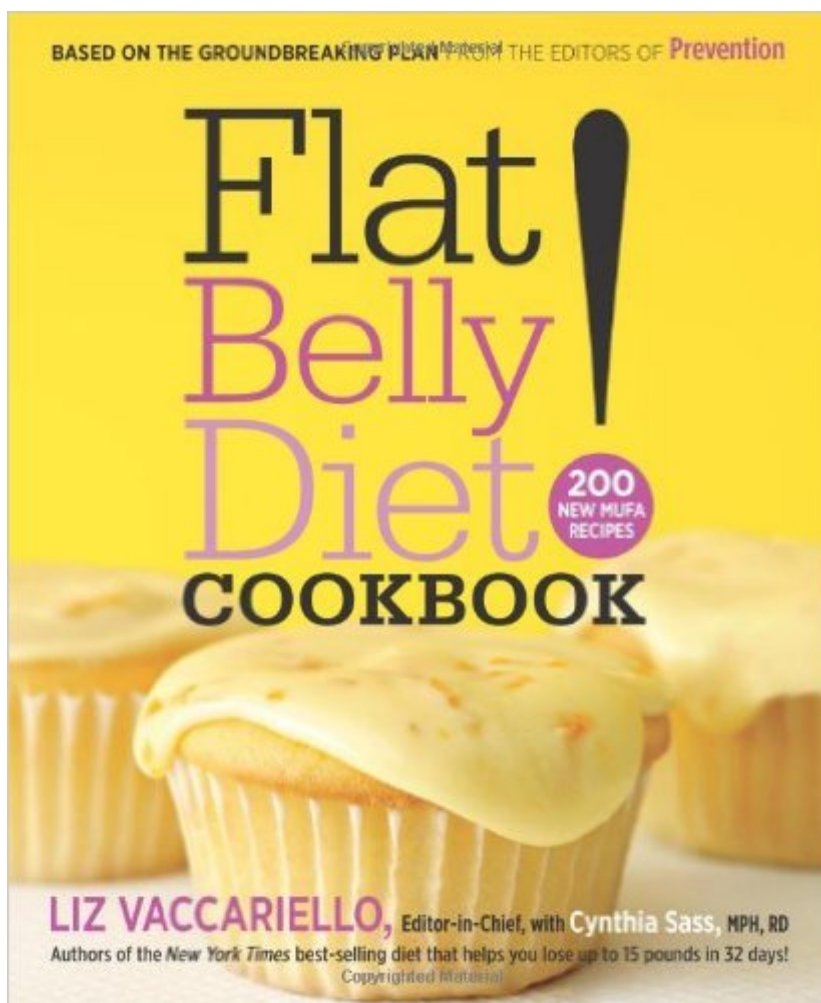


The book was found

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)â•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

Book Information

Hardcover: 368 pages

Publisher: Rodale Books; 1 edition (August 18, 2009)

Language: English

ISBN-10: 1605299553

ISBN-13: 978-1605299556

Product Dimensions: 8 x 1.1 x 9.4 inches

Shipping Weight: 2.3 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 starsÂ Â See all reviewsÂ (686 customer reviews)

Best Sellers Rank: #44,232 in Books (See Top 100 in Books) #31 inÂ Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #72 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #198 inÂ Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

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.

[Download to continue reading...](#)

Zero Belly Fat: Smoothies, Juices, Salads and Many Other Healthy Recipes to Lose Weight and Maintain Flat Belly (Weight Loss, Zero Belly Diet, Flat Belly Diet, Healthy Diet) Flat Belly Diet! Cookbook: 200 New MUFA Recipes Flat Belly: Dash Diet Weight Loss Action: Lose Weight The Natural Way & Lower Blood Pressure On A Healthy Lifestyle (Flat Belly, Dash Diet Weight Loss ... Diet for Weightloss, Dash Diet Cookbook) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Wheat Belly Diet: A 14-Day Wheat Belly Diet Plan To Lose Belly Fat In 14 Days (Gluten Free) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Belly Fat Diet Book [Second Edition]: Your Path to a True Belly Fat Cure, and Staying Belly Fat Free for Life Low Carb Diet: Burn Fat! Discover Delicious Recipes! And Lose Weight FAST! (Gluten Free Diet, Candida, Atkins Diet, Celiac, Fibromyalgia, Diabetes, Cancer, ... Belly, Grain, Brain, Epilepsy, Belly Fat) Flat Belly Tea Cleanse: A Fast and Easy Approach on How to Lose Inches Off Your Waist, Boost Metabolism and Burn Excess Body Fat (7 day, tea cleanse, belly fat, diet, weight loss, lose, detox Book 1) Wheat Belly Diet: For Beginners A Guide On Weight Loss and Total Health (Wheat Free Cookbook Included, Now With 20 Delicious Recipes) (wheat belly diet weight loss cure) Paleo Diet: 200 Delicious Paleo

Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Hungry Girl: 200 Under 200: 200 Recipes Under 200 Calories Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet)

[Dmca](#)