

The Abs Diet: The Six-Week Plan To Flatten Your Stomach And Keep You Lean For Life By David Zinczenko

By David Zinczenko

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DAVID ZINCZENKO is the New York Times bestselling author of Cook This, Not That! and The New Abs Diet. He is former editor in chief of Men's Health.

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Definition The Abs diet is a six-week plan that combines The Abs Diet: The Six-Week Plan to Flatten Your Stomach and Keep You Lean for Life. Zinczenko says

The Abs Diet is a six-week plan. You eat six times a day. No calorie-counting; portion-control is built into the program. Dieters alternate larger meals with small

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