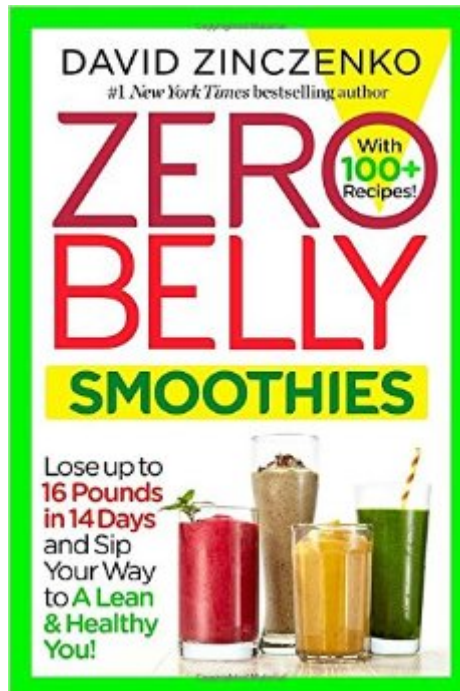


The book was found

Zero Belly Smoothies: Lose Up To 16 Pounds In 14 Days And Sip Your Way To A Lean & Healthy You!



Synopsis

NEW YORK TIMES BESTSELLER • Lose up to 16 Pounds in 14 Days with Zero Belly Smoothies! • Watch the pounds disappear • with the press of a button! That's all it takes to blend up a Zero Belly Smoothie, a unique mix of supernutrients that will flatten your gut, boost your metabolism, heal your digestive system, and turn off your fat genes for good. • With fat-burning proteins and a specially selected array of high-powered fruits and vegetables, Zero Belly Smoothies • based on the New York Times bestseller Zero Belly Diet • are the fastest and most delicious ways ever created to sip off the pounds! • Inside you'll find a complete shopping guide, a bonus cleanse program, and more than 100 intensely flavorful recipes, including tasty green drinks, fresh and fruity smoothies, nutty, chocolatey shakes, and savory surprises. • Zero Belly Smoothies will help you • Lose up to 16 pounds in 14 days. • Melt away stubborn fat, from your belly first. • Put an end to bloating and discomfort. • Detox from unhealthy foods so you enjoy all-day energy. • Turn off your fat storage genes and make long-term weight loss effortless. • Look and feel younger and healthier than ever! • You'll be stunned and inspired by the results of an amazing 500-person test panel • men and women who lost weight quickly, and with ease, following the original Zero Belly diet, which included many of these Zero Belly Smoothies. In just the first 14 days Bob McMicken, 51, lost 16.3 pounds. Kyle Cambridge, 28, lost 15 pounds. Martha Chesler, 54, lost 11 pounds. Matt Brunner, 43, lost 14 pounds. • Focusing your weight-loss efforts on drinks will help you quickly strip away flab in a number of ways. Here's what makes Zero Belly Smoothies so effective: • 1. They take the stress out of cooking and eating well. Studies have shown that the more diverse your diet, the more likely you are to experience weight gain. In fact, those who ate the widest range of foods showed a 120 percent greater increase in waist circumference compared with those who had the least diversity. In other words, people who have the best success at weight loss pick a set number of foods and tend to stick to them. Zero Belly Smoothies allow you to do exactly that. • 2. They crowd out the junk in your diet. Zero Belly Smoothies come in all different flavors • chocolatey, fruity, green, and even savory • but they all have one thing in common: no added sugars. In a 2015 study in Sweden, researchers followed 42,400 men over the course of 12 years. They found that men who consumed at least two servings per day of sweetened beverages had a 23 percent higher risk of heart failure compared with those who did not. • 3. They battle food allergies and reduce inflammation. What's also unique about Zero Belly Smoothies is that they are vegan: no milk, no yogurt, no whey protein. Plant-based protein powders are a low-sugar, high-fiber alternative to popular dairy-based supplements. A study by the University of Tampa that compared plant protein with whey found it to be equally as effective at changing body composition

and boosting muscle recovery and growth! 4. They make you feel fuller longer! Studies show that high-protein smoothies are highly effective at rushing nutrients to your muscles and that blended fruit drinks, which include all the fiber, will actually keep you fuller longer than fruit juices.

Book Information

Paperback: 256 pages

Publisher: Ballantine Books; 1 edition (June 28, 2016)

Language: English

ISBN-10: 0399178449

ISBN-13: 978-0399178443

Product Dimensions: 5.5 x 0.5 x 8.2 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (251 customer reviews)

Best Sellers Rank: #819 in Books (See Top 100 in Books) #2 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #23 in Books > Health, Fitness & Dieting > Nutrition #30 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

I've never been one to have to worry about my weight. Five foot tall with an athletic build (with little effort), hovering around 100 lbs for forever years. Then menopause hit. Over the last few years, I gained 20 lbs, most of it in my trouble area - the belly. Or so, it seemed. 120 may not seem overweight to some, but as a small boned/framed, petite lady, it was like being pregnant two times over. A little over four months ago I started to get a grip on it. Never a fan of diets (in theory), I started working out five times a week. A few Leslie Sansone walking videos three times a week and yoga/stretching on alternating weekdays. Since I've never really had to worry about what I ate, I didn't really make any major changes in my diet. It took me two months to snap out of that denial. So, it took me four months to lose 10 lbs. I was feeling and looking better, but still wanting to get to my goal weight of 100, which is where I feel most comfortable physically. And my belly was still very much my trouble spot. I started losing momentum on the motivation train. After doing some research, I saw that the Zero Belly Smoothies was coming out in a week. David Zinczenko has been in the belly business for years, so of course, I'd heard of his passion and even though, I've never even had a smoothie, I liked the idea of no focused shopping and eating, AND the possibility of losing up to 16 pounds in 14 days. It worked. Still working out five times a week (nothing hardcore) and replacing breakfast and dinner with Zero Belly Smoothies - eating pretty much what I wanted,

yet sensibly, for lunch and on the weekends, I lost 10 lbs in 10 days, and my belly is as flat as its gonna get. The smoothies are quick, easy and delicious.

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

Zero Belly Smoothies: Lose up to 16 Pounds in 14 Days and Sip Your Way to A Lean & Healthy You! 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) 10 Day Green Smoothie Cleanse: Lose 15lbs with 10 Day Green smoothie diet For Weight Loss. Weight loss green smoothie recipes, green smoothies: Sip Up, Slim Down ! Lose upto 15 Lbs in 10 Days! Alkaline Smoothies: Lose Weight & Supercharge Your Health with Green Smoothies and Vegan Protein Smoothies (Nutrition, Alkaline Diet, Weight Loss Book 1) Healthy Super Shakes and Smoothies: 25 Sugar Free Dairy Free Shakes and Smoothies Recipes (Here's the DEAL - Healthy Weight Loss and Fat Burning Book 3) The Power Of Intermittent Fasting: Discover Effortless Abs Diet giving you greater Mental toughness, quick Fat Loss and no Cardio, enabling Lean Muscle-Building!: Abs workout for lean belly included! Green Smoothies for Weight Loss: Inexpensive, Simple Green Smoothies Recipes for Weight Loss That Gain Energy, Lose Weight and Make You a Healthier Person 10 Day Green Smoothie Cleanse: Detox Your Body with 10 Day Green Smoothie Cleanse and Lose Weight with Low Carb Cookbook (smoothies, green smoothie recipes, ... cookbooks, smoothies , sugar detox) Lean in 15: 15-Minute Meals and Workouts to Keep You Lean and Healthy Lean for Long-Term Care and Aging Services: Lean for Long-Term Care and Aging Services 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) SMOOTHIES: Antioxidant Power Super Healthy Smoothie & Ice Kreme Recipes For Kids (Smoothie Recipes, Green Smoothies, Healthy Eating For Kids, Juicing, Vegan, Weight loss) Summary - Lean In: Sheryl Sandberg - Women, Work, and the Will to Lead - A Complete Summary (Lean In: A Complete Summary - Paperback, Audiobook, Audible, Hardcover, Book, Summary, 15 for Graduates) Buddha's Belly : Recipes For An Enlightened Mind: Mindful and Healthy Eating Based on Buddha's Diet Philosophy. Asian Vegetarian Cookbook Meals to Connect ... Your Inner Soul (Buddha's Belly Series 1) Alkaline Diet: How to Lose Weight, Get Fit, Detox Naturally, Balance Your pH, and Be Healthy For Life with the Alkaline Diet (Cookbook, Recipes, and Smoothies) Negative Calorie Diet: Calorie Zero to Size Zero!: (Negative Calorie, Negative Calorie Diet, The Negative Calorie Diet, Negative Calorie Foods, Negative Calorie ... in a week, the negative calorie diet book) Summary | Zero to One: Peter Thiel - Notes on Startups, Or How to Build the Future - A Complete Summary (Zero to One: A Complete Summary - Paperback, Audiobook,

Audible, Hardcover, Book, Summary) Red Smoothies: Over 80 Blender Recipes, weight loss naturally, green smoothies for weight loss,detox smoothie recipes, sugar detox,detox cleanse juice,detox ... - detox smoothie recipes Book 260) Red Smoothies: 2 Manuscripts - Red Smoothie Detox Factor (Vol.1) + Red Smoothie Detox Factor (Vol. 2 - Superfoods Red Smoothies) KETO Smoothies and Drinks: A Starter Kit for a Healthy Lifestyle and Fast Weight Loss in 14 Days (Ketogenic Diet, ketogenic diet for weight loss)

[Dmca](#)