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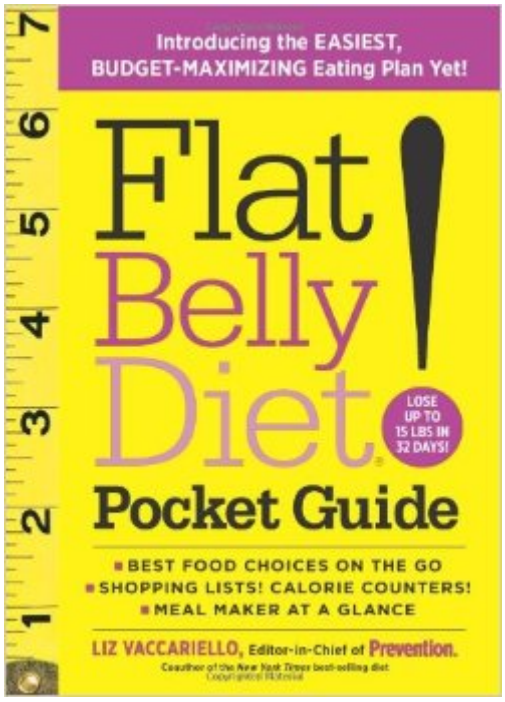
Flat Belly Diet! Pocket Guide: Introducing The EASIEST, BUDGET-MAXIMIZING Eating Plan Yet



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Synopsis

A quick and handy guide to smart eating choices from the diet that’s transforming America belly by belly.All across America, people are changing their bodiesâ •and their livesâ •thanks to the Flat Belly Diet! Now, making the best choices for a flat belly in the supermarket, at home, in a restaurant, or anywhere is even easier with the Flat Belly Diet! Pocket Guide by Liz Vaccariello. This handy and user-friendly book provides at-a-glance information such as: -a complete 28-day meal plan featuring all-new on-the-go recipes -corresponding shopping lists specially designed to maximize your shopping dollar-lists of serving sizes and calorie counts to help you make MUFA meals you love -best meal choices at the vending machine, the airport, popular restaurants, and more-pantry staples and Flat Belly Dietâ “friendly brands Including 90 all-new quick meal and snack pack recipes, each tested for time and taste, and created by a registered dietitian in response to questions from real dieters, the Flat Belly Diet! Pocket Guide is both an easy introduction to the diet for those who have yet to try it and an essential companion for the thousands who already swear by it.

Book Information

Paperback: 160 pages
Publisher: Rodale Books; 1 edition (April 14, 2009)
Language: English
ISBN-10: 1605296503
ISBN-13: 978-1605296500
Product Dimensions: 5 x 0.4 x 7 inches
Shipping Weight: 4.8 ounces (View shipping rates and policies)
Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (172 customer reviews)
Best Sellers Rank: #73,600 in Books (See Top 100 in Books) #79 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #90 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #383 inÂ Books > Deals in Books

Customer Reviews

I actually bought the full sized book, this pocket guide and the journal. I could have skipped the full sized book, and gone with just the pocket guide.The four day anti bloat diet was hard on day three, but I lost 5 pounds and it was do-able. The 28 day plan is in the pocket guide, and at the end of the 1st week I was down a total of 8 pounds. The best part is, there is nothing difficult about this diet. You can swap the meals around in the same day to accommodate your work schedule. You can

substitute breakfasts for breakfasts, lunch for lunch, and so on. I wasn't fond of some of the meals, so I put in one that I liked.I also found the journal to be useful. It was easy to keep track of what I ate when I ate it. Usually I depend on my memory, and miss things.The standard book had success stories and recipes that I wasn't really interested in. I wanted a plan that told me what to eat..when...and was easy to do. The Pocket Guide does that.I did not find it expensive to buy the items on the plan, as there were substitutes which more affordable. Since I already used many of the items, I didn't need to buy olive oil, walnuts or pine nuts, for example. I did not buy organic deli meat, I went with low sodium, roasted products.So far, so good. I'm on week 2 of the 28 day plan and I'm gradually losing weight and feeling satisfied. It's making me re-evaluate my relationship with food. I can eat healthy, lose weight, and enjoy what I'm eating. Hopefully, when I'm done with the 28 days, I can be wiser about my choices, and keep going. Time will tell.Anyway, I'd highly recommend this. Too many diets are difficult to do, and this is not. If you're looking for a basic plan with good food, this works.

I work in Washington DC. I confess to being a blackberry junky because of job demands. I'd order food to go back to my desk. I was picking the wrong foods to eat. I never really planned to eat, I just ate when I was starving grabbing something quick. I did not have time in my day to eat and did not want to think about what I should eat. When I had to go to the WOMAN's side of the department store to find a suit to wear - I knew I had to do something. I wanted it to be a long term solution to eating right. I don't like canned tuna or turkey and I can do this diet using the substituion. I did the jump start and stuck more or less to the 28 day plan concentrating on the restaurant guide to selecting 400 calorie meals and sticking to the rule to not go 4 hours without eating. This diet worked for me, so well folks would stop me in the hall tell me how great I was looking and what did I do?Well, I got a pedometer, loaded my MP3 player with some Audible books and music and this book. I walk 10,000 steps a day, I try to work in a bicycle ride on one of our beautiful trails in DC or a Zumba class which, even here can be found for $5 a class and I use a 75 cm balance ball to do some admominal exercises for 10 minutes twice a day at home. I have given my book to 3 people and I am now buying my 4th copy. MUFAs and the better eating help me have energy to live life after working long hard days. Once my exercise was my commute which is still good for a few thousand steps and then walking from one meeting to another. I now fit in one walk around the Capitol Mall or downtown during the week. The size I am now is not yet my target size, Still I look in good in spandex for my size and that is a great start. Definitely consider this eating guide. I highly recommend it.

I don’t "do" diets. This is so easy to follow, with meals that I would eat anyway. I lost 7 pounds in 11 days. I’m still losing!! I tried this on a recommendation from someone who lost over 30 pounds by following the Flat Belly Diet. She travels quite frequently and was able to do it. If you don’t want to invest in the large book version...the pocket version has just as much information.

This handy guide really seemed to have all the important information you need to accomplish the flat belly diet. It’s the big book, minus the testimonials, heavy scientific talk, and journal pages. This diet works and is so easy to do. There are certainly flavor filled recipes out there to stay on target, but this little guide gives you a 28 day plan including every single item(and brand) you need to purchase as a head start. It may look monotonous, but you learn quickly how to substitute here and there with your own choices. Lists of instant item by item substitutions are given, as well as numerous other choices of menus, and the book ends with a thorough list of common restaurants and the exact choice to order from each to stay on track. It’s VERY accomplishable in every day life and DELICIOUS even with the "Keep It Simple" menus provided. A whole grain waffle drizzled with dark chocolate chips smothered in strawberries?!?! Choices like that provide plenty of seemingly decadent eats to keep a sweet tooth and a carb lover happy, but it is a balanced nutritional choice in disguise. The calories are typical of a moderate weight-loss diet of 1600 a day - but the results have been exponentially faster than South Beach or other low-carb methods that I’ve tried. I lost 5.5 lbs. the first week and they showed in inches immediately.The concept of the diet is that eating MUFA’s such as nuts/seeds, certain oils, avacados, olives, dark chocolate, and avacados, will target visceral belly fat in the weight loss process. Incorporating a MUFA at each of four 400 calorie meals seems to work some kind of magic. These MUFA foods also are very filling and delicious. It’s been the easiest "diet" I’ve ever done. You get to eat meats, fruits, nuts/seeds, vegetables, bread, and even dark chocolate!

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