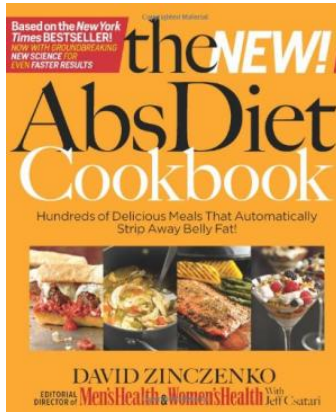


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Rodale Press. Hardcover. Book Condition: New. Hardcover. 304 pages. Dimensions: 9.2in. x 7.5in. x 1.1in. A delicious follow-up to the groundbreaking The Abs Diet, this cookbook delivers more than 200 healthy, mouthwatering breakfasts, lunches, dinners, snacks, desserts, and outdoor grill favorites. Each recipe incorporates one or more of the Abs Diet Power 12 Foods such as almonds, spinach, turkey, and olive oil that are scientifically proven to burn fat and build muscle. The meals in this book take the guesswork out...

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- Authored by David Zinczenko
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