

1. Record Nr.	UNINA9910154319803321
Autore	Zinczenko David
Titolo	Zero Sugar Diet : The 14-Day Plan to Flatten Your Belly, Crush Cravings, and Help Keep You Lean for Life
Pubbl/distr/stampa	Westminster : , : Random House Publishing Group, , 2016 ©2016
ISBN	0-345-54800-0
Descrizione fisica	1 online resource (204 pages)
Altri autori (Persone)	PerrineStephen
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Soggetti	Sugar-free diet Reducing diets
Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Nota di contenuto	Strip away sugar, strip away trouble -- The #1 health threat in America -- Toward a new way of eating -- How to find the right sugars--and avoid the bad -- Special report: Why fiber is the perfect solution, and how to make it work for you -- What to expect on the Zero Sugar diet -- Make the Zero Sugar diet work for you -- A day of eating the Zero Sugar way -- Special report: The chase for the Zero Sugar vaccine -- Zero Sugar breakfasts -- Zero Sugar lunches -- Zero Sugar snacks -- Zero Sugar dinners -- The sugar burner workouts -- The Zero Sugar way of life: how to stay lean forever! -- The Zero Sugar 3-day detox -- Frequently asked questions.
Sommario/riassunto	"Lose up to a pound a day and curb your craving for sweets with delicious recipes and simple, science-based food swaps from David Zinczenko, Good Morning America's health and wellness editor and bestselling author of Zero Belly Diet, Zero Belly Smoothies, and Eat This, Not That!"--Amazon.com. Discover how much added sugar is in your processed foods-- and learn how to avoid it without sacrifice. By replacing empty calories with whole foods and fiber you'll conquer your cravings and prevent blood sugar surge. Zinczenko shows how you can live a happier, healthier life by giving up many breads, cold cuts, yogurts, peanut butters, pizzas, and even "health" foods.

