

#1 *New York Times* bestselling author

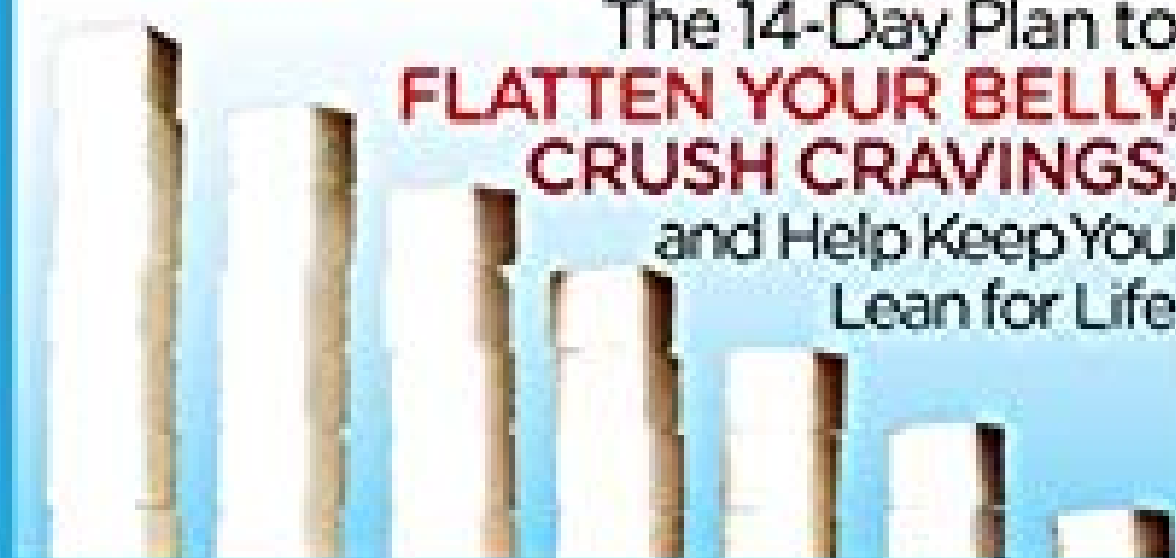
DAVID ZINCZENKO

with Stephen Perrine

# ZERO SUGAR DIET

Lose up to  
A POUND  
A DAY!

The 14-Day Plan to  
**FLATTEN YOUR BELLY,  
CRUSH CRAVINGS,**  
and Help Keep You  
Lean for Life



David Zinczenko

## Zero Sugar Diet: The 14-Day Plan to Flatten Your Belly, Crush Cravings, and Help Keep You Lean for Life



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**NEW YORK Occasions BESTSELLER •** Lose up to a pound a day and curb your craving for sweets with delicious dishes and simple, science-based meals swaps from David Zinczenko, NBC's *Well*, that got my interest. health and wellness contributor and bestselling writer of *Zero Glucose Diet* targets an easily identifiable enemy, comparing excess sugar in our diet to a deadly virus. with *Zero Sugar Diet*! It lose weight—and demonstrates it's not your fault! The real culprit is glucose—specifically added sugars—which food manufacturers sneak into almost everything we eat, from bread to cool cuts to yogurt, peanut butter, pizza, and sometimes “—I have the ability to eat all your favourite foods and strip away unnecessary sugars— The fat-burning formula for long-term weight loss and optimal health reaches your fingertips. s been no way to tell how much added glucose you” or how to avoid it without sacrifice.— foods.) and can help visitors rein in cravings and become savvy monitors of added sugar intake. By replacing empty calorie consumption with essential types—swapping entirely foods and dietary fiber and swapping out added sugars—you’. And all it takes is 14 days. Join in the crusade and bid farewell to added sugars—I’ll be stunned simply by the reported outcomes: Lisa Gardner, 49, lost 10 pounds Tara Anderson, 42, lost 10 pounds David Menkhaus, 62, lost 15 pounds Ricky Casados, 56, shed 12 pounds You, too, can melt away belly fat, boost your energy levels and metabolism, and take control of your health as well as your life, armed with a thorough grocery set of fresh produce, proteins, whole grains, and even prepared foods, accompanied simply by two weeks’ worthy of of fiber-rich breakfast, lunch time, dinner, and snack dishes and real-life outcomes from successful *Zero Sugars* dieters. As yet, there’ You’ and goodbye to your stomach—With *Zero Glucose Diet*, #1 New York Instances bestselling author David Zinczenko continues his twenty-year mission to greatly help Americans live their happiest and healthiest lives, uncovering revolutionary new study that explains why you can’t Publishers Weekly *Zero Belly Diet*, *Zero Belly Smoothies*, and *Eat This, Not That!* I’ll conquer your cravings and stop the blood sugars surge that leads for some of the worst wellness scourges in the us today, including belly fat, diabetes, heart disease, tumor, liver disease, fatigue, and tooth decay. . s re eating— But with the easy steps in *Zero Glucose Diet*, you’—A user-friendly guide [that provides] an abundance of helpful information and tools for those wishing to limit added sugars within their diet.” health” Library Journal “This plan is informative and entertaining (e.g. an open up letter from your own pancreas’ ‘ , a chart converts common foods to their comparative in donuts; losing weight at a rate as high as one pound per day, while still savoring the sweeter issues in life.” THE BRAND NEW York Times Book Review “Praise for *Zero Sugar Diet*”



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Life changing I was a check panelist for this publication before it came out and lost a pound a day time for the first fourteen days.! I really expected even more. I've gone from 175lbs (I'm only 5' 7") to 154 today and holding. We've really changed the way we buy foods today and I do feel healthier. I stayed on the plan and kept slimming down, which became less complicated as my mind got rewired and didn't crave sugar any longer. Probably one of the most useless and worthless books I've ever read. Gives brands for best food options. Thank you quite definitely Mr. I recommend this book. It really is worth it to be educated about what you take in. Short and basic instructions. Zero sugar diet Easy to comprehend for a lay person. Very revealing I have changed my attitude about processed meals. Very helpful book Like this informative book a lot. 20 pages of information crammed into 300! It's amazing what goes on when you know how to target the main one darn thing making you fat. The writer was an editor for Mens health insurance and the Eat this not really that group of books and content articles. And to become honest the book is similar to a series of short snippets of disjointed info. Then later he really goes off and starts adding all sort of nonsensical bits of trivial ideas like letting you know to try eating with your left hand and using a smaller bowl. Nevertheless interspersed among the composing are numerous examples of people who lost 5 pounds on his diet plan. You will use it. For example he mentions how two ladies of the same age eat the same calories weigh the same and work out the same quantity but one is certainly from the 80's and one today are vastly different. But never lets you know why. Just basic, easy guidelines even a child can follow. Great info, cut away the added sugars Great info, cut out the added sugars. It actually starts out rather regular providing the outcomes of many studies reporting the effects of too much added sugar. Finally by the end in a desperate work to include pages we are given all kinds of exercise guidelines totally unrelated to this issue of sugars in the dietary plan. Probably among the strangest books I've ever read. As the very least he should fire his editor. This book just seems like an incredible number of little Men's Health magazine tips put into one book. It's got new analysis about how companies are making you fatter by hiding in in your foods (also spaghetti sauce and salads), and gives you recipes and more than 500 foods to eat instead, leading to rapid weight loss. After a couple of days of sugars DTs my energy came back and in 3 months I dropped 15 pounds..I've lost 5 pounds and also have more energy. I don't crave sweets any more. I will be more weary. Easy reading. Good buy Was a gift plus they liked it Must read once and for all health Really great book. Five Stars Great book . I signed up because my doctor said I was vulnerable to diabetes. I'll make another drive for 150 and let you know, but I've held my fat now for 7 a few months. It taught me a whole lot about hidden sugars. The author often begins a chapter off with some trivial issue which you think the chapter will in some way answer but never does. Great information. Zinczenko If you are looking for an extremely easy (but will require both function and self-discipline on your part) book, this is it! If you're thinking about deleting sugars from your life, this is actually the book. Recipe's and complete sugar free grocery list. Saves a whole lot of work. Lists break down of food . Never knew how MUCH sugars was "concealed" in packaged and canned foods! Yikes! My wife and I finished up losing 15 pounds. Very nice!! Great! The premise that that added sugars—not absolutely all sugars—are making us fat.! Buy It! Very precious information worth the money This book rocks ! Just another book. Just a book. No different than anyother. Four Stars good read Excellent Book Excellent book for those who desire to up their fiber and lower their sugar uptake, without counting calories, weighing and measuring food, etc. After about 20 pages of relatively coherent information the publication offers some recipes that are repeated many times throughout the publication. Strongly suggested. I guess he needed to add the pages.



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