



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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. Buy It! Very beneficial information worth the money This book is awesome Simply another book. I assume he had a need to add the pages. Four Stars good read Excellent Book Excellent book for those who wish to up their fiber and lower their sugar uptake, without counting calories, weighing and measuring food, etc. I'll make another push for 150 and inform you, but I've kept my fat now for 7 weeks. It's amazing what happens when you know how to target the main one darn thing causing you to fat. Saves a lot of work. It is worth it to be educated in what you eat.! I will be more weary. Zero sugar diet Clear to see for a lay person. But never lets you know why.Gives brands for best food options.Lists breakdown of food . Probably among the strangest books I've ever read. Probably probably the most useless and worthless books I have ever read. The author was an editor for Mens health insurance and the Eat this not that series of books and articles. For example he mentions how two females of the same age group eat the same calories weigh the same and workout the same quantity but one can be from the 80's and something today are vastly different.It actually begins rather regular providing the results of several studies reporting the consequences of too much added sugar. Nevertheless interspersed among the composing are numerous examples of people who dropped 5 pounds on his diet plan. The author often begins a chapter off with some trivial question which you think the chapter will somehow answer but under no circumstances does. And to become honest the book is much like a series of short snippets of disjointed info.Short and basic instructions. After about 20 pages of somewhat coherent information the publication offers some recipes that are repeated several situations throughout the book. I registered because my doctor stated I was vulnerable to diabetes. Then later on he actually goes off and begins adding all kind of nonsensical items of trivial tips like letting you know to try eating together with your left hands and using a smaller sized bowl. Finally at the end in a desperate work to add pages we are given all kinds of exercise guidelines totally unrelated to the topic of sugar in the dietary plan. 20 webpages of information crammed into 300! As a minimum he should fire his editor. This book just seems like millions of little Men's Wellness magazine tips placed into one book. I really expected more. Five Stars Great book .Life changing I was a test panelist for this book before it arrived and lost a pound a day for the first fourteen days. Great info, cut away the added sugars Great info,cut out the added sugars. I don't crave sweets any more. Thank you very much Mr. Zenczenko If you are searching for a very easy (but will require both work and self-discipline on your own part) book, that is it! Easy reading. Following a couple of days of sugar DTs my energy came back and in 3 months I dropped 15pounds. I've eliminated from 175lbs (I'm only 5'7") to 154 right now and holding. I stayed on the program and kept slimming down, which became much easier as my mind got rewired and didn't crave sugar any longer. The premise that that added sugars—not absolutely all sugars—are making us fat. You will use it. Great information.! If you're thinking about deleting sugar from your life, this is the book. Recipe's and complete sugar free of charge grocery list. Very revealing I've changed my attitude about processed meals. Very helpful book Such as this informative book a whole lot. Never knew just how much sugar was "concealed" in packaged and canned foods! Yikes! We have really changed the way we buy foods today and I really do feel healthier. Very nice!! Good! I recommend this book. Good buy Was a gift and they liked it Must read for good health Excellent book. It trained me a lot about concealed sugars. It's got new analysis about how companies are making you fats by hiding in in your foods (even spaghetti sauce and salads), and then offers you recipes and a lot more than 500 foods to eat instead, leading to rapid weight loss. Only a book. No unique of anyother. My wife and I ended up dropping 15 pounds. Just simple, easy guidelines a good child can follow. Highly recommended.I've dropped 5 pounds and also have more energy.



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