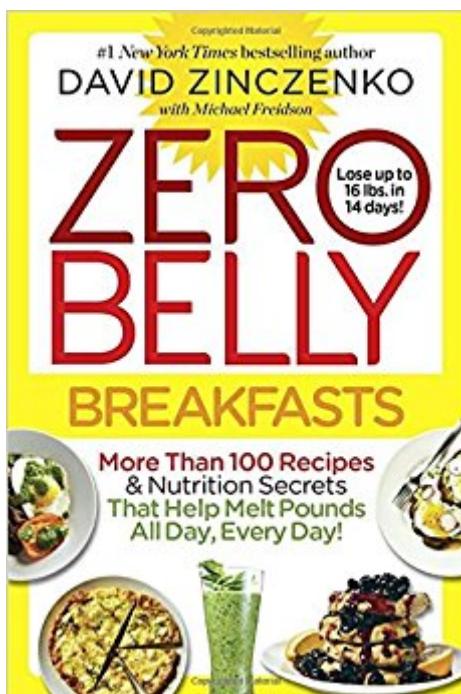


The book was found

# Zero Belly Breakfasts: More Than 100 Recipes & Nutrition Secrets That Help Melt Pounds All Day, Every Day!



## Synopsis

Lose up to 16 Pounds in 14 Days with Quick and Delicious Morning Meals! From the team behind the bestselling Eat This, Not That! and Zero Belly series, Zero Belly Breakfasts will have you looking and feeling great in no time flat, thanks to hundreds of delicious and nutritious breakfast secrets—and more than 100 mouthwatering recipes you can prepare in minutes!

Compliments of today's most influential nutritionists, each recipe features fat-burning proteins, belly-filling fibers, and healthy fats that will boost your metabolism and lead to all-day (and night) calorie burning, including eggs and omelets, pancakes and waffles, breakfast meats, sandwiches and burritos, homemade cereals, oatmeals and overnight oats, and creamy and delicious smoothies.

Zero Belly Breakfasts is part of the revolutionary new plan to turn off your fat genes and help keep you lean for life! Nutrition expert David Zinczenko, the New York Times bestselling author of the Abs Diet series, Eat This, Not That! series, and Zero Sugar Diet, has spent his entire career learning about belly fat—where it comes from and what it does to us. And what he knows is this: There is no greater threat to you and your family—and to your health and your happiness. Zero Belly Breakfasts will help you lose up to 16 pounds in 14 days, melt away stubborn fat, from your belly first—and put an end to bloating and discomfort. Detox from unhealthy foods so you can enjoy all-day energy, turn off your fat-storage genes and make long-term weight loss effortless. Look and feel younger and healthier than ever! You'll be stunned and inspired by the results of an amazing 500-person test panel—men and women who lost weight quickly, and with ease, following the original Zero Belly diet, which included many of these breakfasts. In just the first 14 days Bob McMicken, 51, lost 16.3 pounds; Kyle Cambridge, 28, lost 15 pounds; Martha Chesler, 54, lost 11 pounds; Matt Brunner, 43, lost 14 pounds.

Here's what makes Zero Belly breakfasts so effective:

1. They help you keep the weight off. Science proved it. Of people who've lost 30 pounds or more, 80 percent kept the weight off by eating a high-protein breakfast every day, according to a study done by the National Weight Control Registry, who concluded that "eating breakfast is a characteristic common to successful weight-loss maintainers."
2. They help you eat less. A study in *Obesity* found that eating a high-protein breakfast led to "the prevention of body fat gain, voluntary reductions in daily intake, and reductions in daily hunger." Meanwhile, skipping it leads to eating more food throughout the day—and unnecessary weight around your midsection.
3. They're the most important meal of the day—for fat burn. Your mom was right. "People who eat their largest daily meal at breakfast are far more likely to lose weight and

waist line circumference than those who eat a large dinner, according to a 2013 study from Tel Aviv University. "They also had significantly lower levels of insulin, glucose, and triglycerides throughout the day, translating into a lower risk of cardiovascular disease, diabetes, hypertension, and high cholesterol." 4. They taste amazing! Sometimes like dessert...for breakfast! Regardless of your health history, your lifestyle, or even your genes, Zero Belly Breakfasts will give you the power to flatten your belly, heal your body, soothe your soul, and wake up happier than ever!

## Book Information

Paperback: 256 pages

Publisher: Ballantine Books (June 13, 2017)

Language: English

ISBN-10: 1524796891

ISBN-13: 978-1524796891

Product Dimensions: 5.5 x 0.5 x 8.2 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 52 customer reviews

Best Sellers Rank: #11,019 in Books (See Top 100 in Books) #3 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Breakfast #181 in Books > Health, Fitness & Dieting > Nutrition #251 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

David Zinczenko is the author of eighteen New York Times bestselling books, including those in the Eat This, Not That! series (which has sold more than eight million copies in North America), the Abs Diet books, The 8-Hour Diet, Zero Belly series, and, most recently, Zero Sugar Diet. He is the award-winning former editor in chief of Men's Health and editorial director of Women's Health, Prevention, and Best Life magazines. The nutrition and wellness correspondent for ABC News, he is also CEO of Galvanized Media, home of Eat This, Not That!, Zero Belly, and Best Life. Michael Freidson is executive director of editorial at Galvanized Media, working alongside David Zinczenko to oversee Eat This, Not That!, the Zero Belly franchise, and Best Life. He is the former editor in chief of Time Out New York and global lifestyle editor of Metro International. Freidson has appeared on CNN, CBS, Fox, and The Today Show.

excellent recipes

Great recipes

Its a good book.

Great recipe book for sticking to the Zero Belly plan. I have one cookbook for Zero Belly and thought this would be a great companion. This cookbook contains a lot of great recipes for not only breakfast, but what you could use for lunch as well, if needed. Easy to follow with 'tips' as in the other cookbook about changing your way of eating. Highly recommended!

Longtime Zero Belly fan, because I've seen the results. I lost 20 pounds on this diet and have kept it off by using the new books. The new recipes are great! Zero Belly Breakfasts helped me:Have more energy all dayFeel full until lunchÃ¢Â¢Â¢ â ¯Ã¢Â¢Â¢ oeno snack cravings (my main downfall)Cut my meal prep time in half, with some recipes taking under 5 minutes. It also has a list of the best breakfast foods ranked, so I can stay within those parameters and not go wrong. If some of the expressions are repetitive, that's fine by me because it hammers home the message. And I bought it for the Weight Loss recipes. Five stars. Please do soups or snacks next.

Best deal for the money, and I know it works. A friend lost 10 pounds in one week on Zero Belly and these breakfast recipes helped her do it. I made the overnight oats, the smoothies, and five of the egg dishes, and all took minutes to make and were delicious. So far I've lost three pounds and I'm not stopping. I think I know why: they all have lean proteins, healthy fats and low calories. Perfect way to start the day!

I've just made it through Zero Belly Breakfasts and I'm not only blown away by the knowledge contained in this easily readable book but I'm also very, very excited to be trying all of these amazing recipes. I'm someone who can't wait to eat when I wake up in the morning, and now I can do it guilt-free, just by sticking to the right ingredients and portions. Seriously: if you're someone who likes breakfast and wants energy to get yourself through the day (and stay lean), do yourself a favor and buy this book! Bravo, Zinczenko, again!

Worth the cost even if you only get one or two healthy and tasty recipes out of the book.

[Download to continue reading...](#)

Zero Belly Breakfasts: More Than 100 Recipes & Nutrition Secrets That Help Melt Pounds All Day, Every Day! Flat Belly Diet: The 14 Day Challenge - Flat Belly Diet Cookbook: Flat Belly Diet for Women, Flat Belly Diet for Men, Flat Belly Recipes, Eat ... Belly, Flat Belly, Flat Belly Diet (Volume 1) BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) Wheat Belly: Wheat Belly Slow Cooker: 30 Delicious Grain-Free Slow Cooker Recipes for Beginners (Wheat Belly, Wheat Belly Slow Cooker) The 7-Day Flat-Belly Tea Cleanse: The Revolutionary New Plan to Melt Up to 10 Pounds of Fat in Just One Week! The 7-Day Flat-Belly Tea Cleanse: The Revolutionary New Plan to Melt Up to 10 Pounds in Just One Week! Zero Belly Cookbook: 150+ Delicious Recipes to Flatten Your Belly, Turn Off Your Fat Genes, and Help Keep You Lean for Life! Wheat Belly Cookbook Bundle: The Best-Of The Essential Kitchen Series Wheat Belly Recipes: Over 100 Delicious Grain-Free Recipes to Help You Lose Weight and Feel Great Burn Belly Fat: 31 Ways to Melt Fat Around Your Belly & Tone Your Abs! Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Wheat Belly Recipes: 39 Wheat Belly Recipes Including Diet Plan And Food List To Help Trim Your Waistline-Get Rid Of Unwanted Fat Rapidly And Improve Your ... Free Recipe, Gluten Free Diet Book 6) Zero Belly Smoothies: Lose up to 16 Pounds in 14 Days and Sip Your Way to A Lean & Healthy You! Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Bed and Breakfasts 26TH ED (Complete Guide to Bed & Breakfasts, Inns & Guesthouses) How to Make Melt & Pour Soap Base from Scratch: A Beginner's Guide to Melt & Pour Soap Base Manufacturing A World of Three Zeros: The New Economics of Zero Poverty, Zero Unemployment, and Zero Net Carbon Emissions Paleo Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Paleo Recipes, Paleo, Paleo ... Paleo Recipe Book, Paleo Cookbook) (Volume 1) Juicing Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Juice Cleanse, Juice Diet, ... Juicing Books, Juicing Recipes) (Volume 1) Zero Sugar Diet: The 14-Day Plan to Flatten Your Belly, Crush Cravings, and Help Keep You Lean for Life Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)