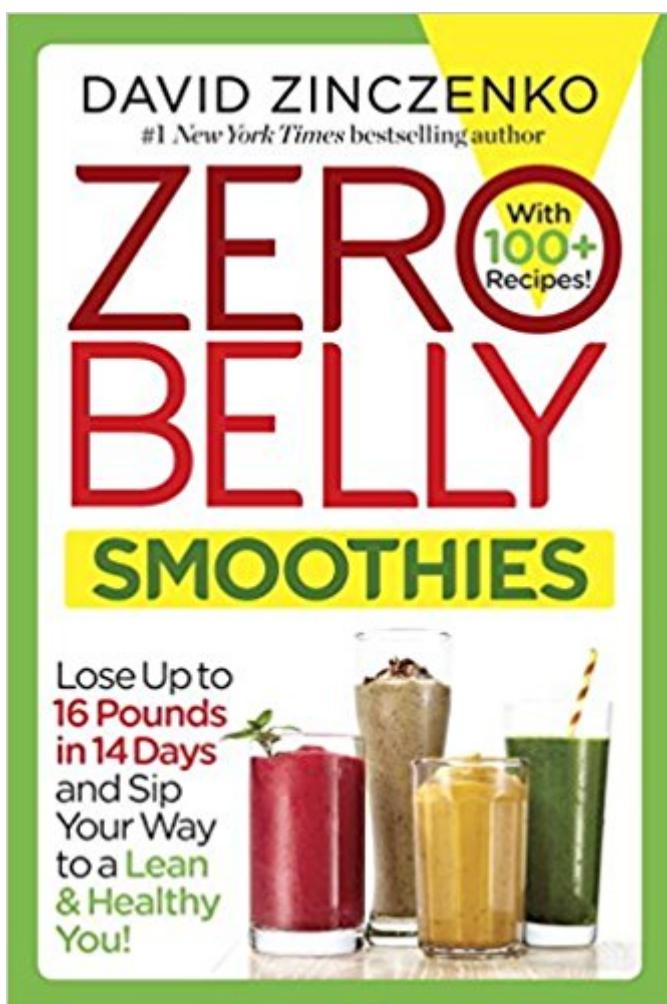


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# Zero Belly Smoothies: Lose Up To 16 Pounds In 14 Days And Sip Your Way To A Lean & Healthy You!



## Synopsis

NEW YORK TIMES BESTSELLER **LOSE UP TO 16 POUNDS IN 14 DAYS WITH ZERO BELLY SMOOTHIES!** Watch the pounds disappear with the press of a button! That's all it takes to blend up a Zero Belly Smoothie, a unique mix of supernutrients that will flatten your gut, boost your metabolism, heal your digestive system, and turn off your fat genes for good. With fat-burning proteins and a specially selected array of high-powered fruits and vegetables, Zero Belly Smoothies—based on the New York Times bestseller Zero Belly Diet—are the fastest and most delicious ways ever created to sip off the pounds! Inside you'll find a complete shopping guide, a bonus cleanse program, and more than 100 intensely flavorful recipes, including tasty green drinks, fresh and fruity smoothies, nutty, chocolatey shakes, and savory surprises. Zero Belly Smoothies will help you Lose up to 16 pounds in 14 days. Melt away stubborn fat, from your belly first. Put an end to bloating and discomfort. Detox from unhealthy foods so you 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 Zero Belly Smoothies. 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. Focusing your weight-loss efforts on drinks will help you quickly strip away flab in a number of ways. Here's what makes Zero Belly Smoothies so effective:

1. They take the stress out of cooking and eating well. Studies have shown that the more diverse your diet, the more likely you are to experience weight gain. In fact, those who ate the widest range of foods showed a 120 percent greater increase in waist circumference compared with those who had the least diversity. In other words, people who have the best success at weight loss pick a set number of foods and tend to stick to them. Zero Belly Smoothies allow you to do exactly that.
2. They crowd out the junk in your diet. Zero Belly Smoothies come in all different flavors—chocolatey, fruity, green, and even savory—but they all have one thing in common: no added sugars. In a 2015 study in Sweden, researchers followed 42,400 men over the course of 12 years. They found that men who consumed at least two servings per day of sweetened beverages had a 23 percent higher risk of heart failure compared with those who did not.
3. They battle food allergies and reduce inflammation. What's also unique about Zero Belly Smoothies is that they are vegan: no milk, no yogurt, no whey protein. Plant-based protein powders are a low-sugar, high-fiber alternative

to popular dairy-based supplements. A study by the University of Tampa that compared plant protein with whey found it to be equally as effective at changing body composition and boosting muscle recovery and growth! ☺ ☺ ☺ They make you feel fuller longer! Studies show that high-protein smoothies are highly effective at rushing nutrients to your muscles and that blended fruit drinks, which include all the fiber, will actually keep you fuller longer than fruit juices.

## **Book Information**

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## **Customer Reviews**

David Zinczenko is the #1 New York Times bestselling author of 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, Eat It to Beat It!, Zero Belly Diet, and, most recently, Zero Belly Diet Cookbook and Zero Belly Smoothies. 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 editorial director of Men's Fitness and CEO of the media company Galvanized.

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If you had the power to make your life better with the push of a button, would you use it? Well, that power is yours. With one simple whir, you can turn your body into a hyper-efficient fat-burning machine by revving up your metabolism, toning and defining your muscles, and turning off the genes that contribute to fat storage and myriad chronic health issues. All you need is a blender, and the recipes in this book. Zero Belly Smoothies are plant-based protein drinks that have been shown

to make a dramatic impact on people's lives in as little as 72 hours. They will flatten your belly, heal your digestive system and strip away unwanted fat in just days. All you need to do is blend them up and drink them down. I know these smoothies will work for you, and fast, because I've seen them work for so many others. Consider the case of Fred Sparks. A 39-year-old emergency-response advisor from Katy, Texas, Fred used Zero Belly Smoothies as part of his weight-loss program. "I noticed results in the first week," he says. "It really was amazing." Fred lost 21 pounds and 5 inches off his waist in just the next six weeks. Martha Chesler, 52, who lost 21 pounds and 7 inches off her waist in less than 40 days, had the same experience: "I saw results immediately," she says. In fact, our original Zero Belly Test Panel of more than 500 men and women lost as much as 3 inches off their waist in less than a week, and 16 pounds in the first 14 days. Now, you can achieve results like these even more quickly, with this carefully created, highly effective sample of the delicious drinks you'll find in Zero Belly Smoothies.

What's So Special About Smoothies? They are fast, effective, simple to whip up, and delicious, which makes them ideal for a weight loss program. Consider the proof: In a 2012 study in Current Nutrition and Food Science, researchers put a group of obese adults on a regimen in which they replaced breakfast and dinner with a high-protein smoothie. That was all: no exercise, no limit on what else they could eat. After 12 weeks, the subjects lost up to 18.5 pounds and reported significant improvements in physical functioning, general health, vitality, and mental health. A high-protein diet featuring meal-replacement drinks is more effective than exercise at helping people lose weight and keep it off, according to a 2013 meta-analysis of 20 studies in The American Journal of Clinical Nutrition. Five percent of your body weight is the gold standard to prove effectiveness in a weight-loss plan. But smoothie-based plans beat that number consistently. In a study at the University of Kentucky in 2009, patients were asked to drink at least 3 smoothies a day. After 18 weeks, the subjects lost an average of 16.4 percent of their body weight—up to 44 pounds! When researchers at Columbia University crunched the numbers on six separate studies following dieters on either a smoothie-based plan (one or two smoothies a day) or a reduced-calorie plan, they found that both sets lost weight, but those on the smoothie-based plan experienced "significantly greater weight loss" at both the 3-month and 1-year marks. In a 2015 review of studies on weight-loss plans, researchers at Johns Hopkins reported that participants who used low-calorie meal-replacement drinks like smoothies lost more weight than other dieters over the course of 4 to 6 months. Are you ready to make the magic work for you? It Worked for Her! I've been amazed and gratified at how Zero Belly has changed the lives of thousands of Americans.

Before going on the plan, Jennie Joshi would avoid walking past the full-length mirror in her Morristown, NJ home. "I hated the way I looked. I wanted to see the old me," says the mother of two. Anyone who has had a child knows that feeling and how difficult it can be to lose pregnancy weight. A University of Chicago study last year found that 75 percent of moms were heavier than they were pre-pregnancy a year after giving birth and 45 percent had retained more than 10 pounds. A high-risk pregnancy made it impossible for Joshi to exercise; she even had to limit her walking. Her weight gain was more than she had expected, and she struggled to lose it. "I really wanted to get rid of my belly," she says. But the calorie-cutting diet programs weren't doing it for her; then she learned about the Zero Belly Diet and signed up as one of the program's first test panelists. She was drawn to its no-sacrifice approach: "I loved that I could just focus on eating healthy foods and not worry about controlling portions." She says the healthy recipes in the book made the difference because they included family-friendly options that even a foodie like her husband would enjoy. "Unlike a fad diet that you do once and stop, it's a lifestyle that's easy to make your own," she says. Joshi also followed the program's suggested workouts and mixed in some running, spinning, and Zumba. In just four weeks, she lost 11 pounds. "I saw the pregnancy pooch leaving," she says, and she pressed on, eventually dropping 26 pounds and fitting into a size 4 dress. Her co-workers were astonished. "They wanted to know what I was doing." What she was doing was drinking Zero Belly Smoothies. **It'll Work for You!** One of the key components in Zero Belly Smoothies is the veggie protein powder and use of nut or dairy-free milks. Unless you've been living in an igloo for the past two decades, you should know by now that Americans do not eat enough fruits and vegetables. In fact, recent surveys have found that only about 30 percent of Americans are eating the recommended 5 or more servings of fruits and vegetables a day. That's a pretty pitiful performance and no doubt a partial cause of the obesity epidemic that grips this nation. Another cause: Over the years, the line between smoothie and milkshake has been irrevocably blurred by the beverage industry. What was once a reliable, all-fruit concoction is now likely to be an ice-cream-and-added-sugar extravaganza, capable of carrying over 2,000 calories a serving (see Smoothie King, Hulk). If you happen to be one of those 7 out of 10 of us who don't eat enough plant matter, then you need to make fast friends with Zero Belly Smoothies. They're the quickest, most delicious way to make up for the fruit-and-vegetable deficit, no ice cream required: Roll out of bed, toss some fruit in a blender, top with a bit of liquid, hit "liquefy." Boom! You're on the path to a skinnier, healthier you! **Â** **Â** **Â**

Test Panel favorite! BLUEBERRY DAZZLER    Try the smoothie that ABC News correspondent Dan Harris called "dazzling!" Consider using wild blueberries (you can find them in the freezer section); they're higher in just about every nutrient than conventional blueberries.

1/2 cup frozen blueberries    1 tablespoon almond butter 1/2 cup unsweetened almond milk 1 scoop vanilla plant-based protein powder Water to blend

254 calories, 7 g fat, 19 g carbs, 4 g fiber, 10 g sugar, 20 g protein

I've never been one to have to worry about my weight. Five foot tall with an athletic build (with little effort), hovering around 100 lbs for forever years. Then menopause hit. Over the last few years, I gained 20 lbs, most of it in my trouble area - the belly. Or so, it seemed. 120 may not seem overweight to some, but as a small boned/framed, petite lady, it was like being pregnant two times over. A little over four months ago I started to get a grip on it. Never a fan of diets (in theory), I started working out five times a week. A few Leslie Sansone walking videos three times a week and yoga/stretching on alternating weekdays. Since I've never really had to worry about what I ate, I didn't really make any major changes in my diet. It took me two months to snap out of that denial. So, it took me four months to lose 10 lbs. I was feeling and looking better, but still wanting to get to my goal weight of 100, which is where I feel most comfortable physically. And my belly was still very much my trouble spot. I started losing momentum on the motivation train. After doing some research, I saw that the Zero Belly Smoothies was coming out in a week. David Zinczenko has been in the belly business for years, so of course, I'd heard of his passion and even though, I've never even had a smoothie, I liked the idea of no focused shopping and eating, AND the possibility of losing up to 16 pounds in 14 days. It worked. Still working out five times a week (nothing hardcore) and replacing breakfast and dinner with Zero Belly Smoothies - eating pretty much what I wanted, yet sensibly, for lunch and on the weekends, I lost 10 lbs in 10 days, and my belly is as flat as its gonna get. The smoothies are quick, easy and delicious. My energy level is through the roof with out the jitters that comes with caffeine, and for you other meno's out there, the smoothies seem to alleviate other (struggling to lose weight) menopausal symptoms as well. For me specifically, maybe a coincidence, but I've not had any of the leg cramps from hell or scary heart palpitations I used to get prior to the smoothies. Highly recommended - give it a try weight warriors!

this is a good smoothie book, but you need plant protein powder for the smoothies. there are a lot of good smoothies in it

I like the recipes and the direction, but I bought both zero belly diet and the smoothie book and they are almost the same. Disappointed in that aspect.

Good book, lots of info and like that it has recipes!

I've lose 14 so far. 10 more to go. It's fun to make up recipes using the ideas from this book.

Haven't tried half of the smoothies yet, but the ones that I did make are tasty and nutritious.

These plant based smoothies really work...I have dieted what seems like forever with so so results...I have never had a flat belly and now I do...I have always struggled to lose the last 10lbs and have always plateaued.. replacing whey protein with plant protein did it for me. Also, I began drinking unsweetened Green Tea which was also recommended. I like the Pure Leaf brand so good! I seem to have discovered an issue with dairy products which I have eliminated.. Also, I really like Vega protein & greens vanilla flavor (20g protein and 2g sugar) which seemed less gritty then some of the others recommended. I also find vanilla flavor to be more versatile than chocolate.

Thanks David for another great book!

been trying this for little over a week and do find i have more energy and have lost almost 6 lbs. been drinking for lunch as that seems to be the meal i sometimes skip for lack of time to fix anything but these are fast and relatively inexpensive to prepare and are pretty yummy. would probably lose even more if had for 2 meals with one regular meal but i keep my small grandchildren so lately eating habits have not been as good as they should be, but these fill me up and i don't just grab junk to tied me over til supper.

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Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Zero Belly Cookbook: 150+ Delicious Recipes to Flatten Your Belly, Turn Off Your Fat Genes, and Help Keep You Lean for Life! Soup Diet Cookbook: No Wheat; No Gluten; No Hunger; No More Belly Fat!: 35 Yummy Soups and Smoothies to Lose Weight and Belly Fat Naturally Without Hunger; ... Friendly (How To Cook Healthy in a Hurry) Wheat Belly: Wheat Belly Slow Cooker: 30 Delicious Grain-Free Slow Cooker Recipes for Beginners (Wheat Belly, Wheat Belly Slow Cooker) Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner to Expert → Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat) The Fast Metabolism Diet: Lose Up to 20 Pounds in 28 Days: Eat More Food & Lose More Weight: Unleash Your Body's Natural Fat-Burning Power and Lose 20lbs in 4 Weeks by Pomroy. Haylie ( 2013 ) Paperback Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Intermittent Fasting: How To Lose Weight, Burn Fat & Build Lean Muscle The Easy Way (Intermittent Fasting, Burn Fat, Build Lean Muscle, Lose Weight) PALEO SMOOTHIES: Delicious Paleo Smoothies Recipes, Detox Your Body, Gain Back Your Energy and Lose Weight In 7 Days Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Detox Diet: 21 Days To Rapid Weight Loss, Cleanse Your Body And Upgrade Overall Health(Lose Up To 21 Pounds, 5 Inches Belly In 3 Weeks With Fast & Delicious Recipes)( Vegetarian, Ketogenic, Low Carb) Zero Sugar Diet: The 14-Day Plan to Flatten Your Belly, Crush Cravings, and Help Keep You Lean for Life Shrink Your Female Fat Zones: Lose Pounds and Inches--Fast!--From Your Belly, Hips, Thighs, and More Zero Belly Diet: Lose Up to 16 lbs. in 14 Days! Zero Belly Breakfasts: More Than 100 Recipes & Nutrition Secrets That Help Melt Pounds All Day, Every Day! Lean Belly Breakthrough: The 2-Minute Belly Fat Shrinking Ritual (Reversing Diabetes and Preventing Heart Disease)

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