

ZERO SUGAR DIET: THE 14-DAY PLAN TO FLATTEN YOUR BELLY, CRUSH CRAVINGS, AND HELP KEEP YOU LEAN FOR LIFE by David Zinczenko
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Zero Sugar Diet: The 14-Day Plan to Flatten Your Belly, Crush Cravings, and Help Keep You Lean for Life NEW YORK TIMES BESTSELLER • 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!* NEW YORK TIMES BESTSELLER • 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!* With *Zero Sugar Diet*, #1 New York Times bestselling author David Zinczenko continues his twenty-year mission to help Americans live their happiest and healthiest lives, uncovering revolutionary new research that explains why you can't lose weight—and shows that it's not your fault! The true culprit is sugar—specifically added sugars—which food manufacturers sneak into almost everything we eat, from bread to cold cuts to yogurt, peanut butter, pizza, and even "health" foods. Until now, there's been no way to tell how much added sugar you're eating—or how to avoid it without sacrifice. But with the simple steps in *Zero Sugar Diet*, you'll be able to eat all your favorite foods and strip away unnecessary sugars—losing weight at a rate of up to one pound per day, while still enjoying the sweeter things in life. By replacing empty calories with essential ones—swapping in whole foods and fiber and swapping out added sugars—you'll conquer your cravings and prevent the blood sugar surge that leads to some of the worst health scourges in America today, including abdominal fat, diabetes, heart disease, cancer, liver disease, fatigue, and tooth decay. And all it takes is 14 days. You'll be stunned by the reported results: Lisa Gardner, 49, lost 10 pounds; Tara Anderson, 42, lost 10 pounds; David Menkhaus, 62, lost 15 pounds; Ricky Casados, 56, lost 12 pounds. You, too, can melt away belly fat, boost your energy levels and metabolism, and take control of your health and your life, armed with a comprehensive grocery list of fresh produce, proteins, whole grains, and even prepared meals, accompanied by two weeks' worth of fiber-rich breakfast, lunch, dinner, and snack recipes and real-life results from successful *Zero Sugar* dieters. The fat-burning formula for long-term weight loss and optimal health is at your fingertips. Join in the crusade and say goodbye to added sugars—and goodbye to your belly—with *Zero Sugar Diet*! Praise for *Zero Sugar Diet*: "Zero Sugar Diet targets an easily identifiable enemy, comparing excess sugar in our diet to a deadly virus. . . . Well, that got my attention." • "The New York Times Book Review" • "A user-friendly guide [that provides] a wealth of helpful information and tools for those wishing to limit added sugars in their diet." • "Library Journal" • "This plan is informative and entertaining (e.g., a chart converts common meals to their equivalent in donuts; an open letter from your pancreas) and will help readers rein in cravings and become savvy monitors of added sugar consumption." • "Publishers Weekly" . . . more *Zero Sugar Diet: The 14-Day Plan to Flatten Your Belly, Crush Cravings, and Help Keep You Lean for Life* PDF ebook

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