



ZONE DIET: The Essential Zone Diet Plan: Zone Diet Cookbook And Zone Diet Recipes To Lose Weight Naturally, Remove Cellulite, Burn Belly Fat And Look Beautiful ... Zone Diet Cookbook, Zone Diet Kindle Books)

Dr. Michael Ericsson

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Today only, get Zone Diet: The Essential Zone Diet Plan and Read on your PC, Mac, smart phone, tablet or Kindle device.

This book contains proven steps and strategies on how to take advantage of the numerous benefits that can be derived by simply following the Zone diet plan. This book features comprehensive information about the Zone Diet and how it can benefit the human body. This book also contains tips, a 5-day Zone Diet menu plan and sample Zone recipes that will help you lose weight naturally.

Here Is A Preview Of What You'll Learn

- The Zone Diet – General Information
- The Zone Diet Tips
- The Zone Diet List of Best Foods
- The Zone Diet 5-day Sample Menu Plan
- The Zone Diet Sample Recipes
- Frequently Asked Questions (FAQs) on the Zone Diet
- Much, much more!

The Zone Diet – General Information

What is the principle behind the Zone Diet?

According to Dr. Barry Sears, the proponent of the Zone Diet, food is like a drug. You have to take the proper dosage during the right time. The main key to weight reduction is attaining adequate hormone balance

and keeping the blood sugar levels stable. According to Dr. Sears, increased levels of insulin, a hormone that regulates blood sugar levels as well as other hormones, can lead to weight gain since it triggers inflammation. Dr. Sears claims that inflammation is a chief promoter of obesity.

According to him, an individual can ensure that insulin levels as well as other inflammation-triggering hormones stay “in the zone” – not too low or high, by consuming foods at each meal in the right ratio: 30 percent fat, 30 percent protein and 40 percent carbohydrates. The body requires the right balance of these macronutrients to stay slim and healthy and function at optimal levels.

How does the Zone diet work?

The Zone diet program usually puts a cap on the everyday calorie intake for men at 1,500 and women at 1,200. This is actually 2/3 to 3 quarters of the amount that is generally suggested for healthy individuals. You will have to consume five times daily: 3 major meals and 2 snacks. The only measuring aides that you will need are your hands and your eyes.

According to Dr. Sears, when preparing dinner for instance, divide your plate into 3 equal sections. In one section, place a low-fat protein, no more than can fit the size of the palm of your hand. This serving amount equates to 3 ounces for most females and 4 ounces for most men. Then load the 2 other sections with colorful carbohydrates such as steamed vegetables and fresh fruits. Top it all off with a drizzle of a healthy fat such as avocado oil, almonds, fish oil or olive oil.

Will you lose weight?

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Irving Gaston:

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Jerry Goble:

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Carolyn Bailey:

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