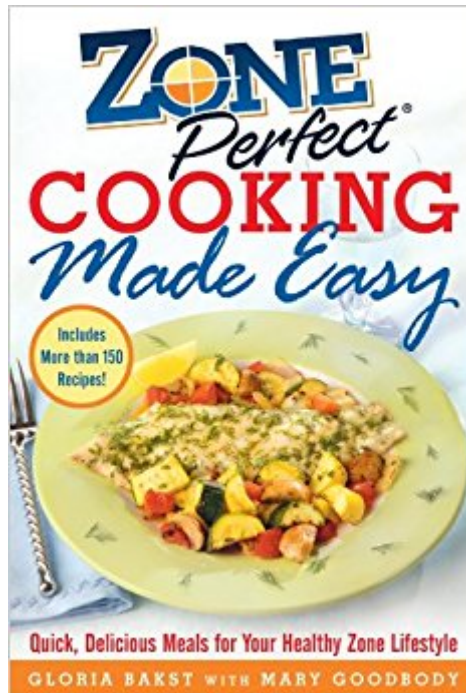


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# ZonePerfect Cooking Made Easy: Quick, Delicious Meals For Your Healthy Zone Lifestyle



## Synopsis

From the cooking expert at ZonePerfect Nutrition, daily and weekly menus that make it easy for you to stay in the Zone Offering a proven formula for permanent fat loss, optimal health and all-round peak performance, the Zone diet has an estimated over two million followers worldwide. Zone Perfect Cooking Made Easy shows you how to stay in the Zone while enjoying delicious, easy-to-fix meals. It features 150 recipes from Gloria Bakst, whose work as the cooking and lifestyle expert at ZonePerfect Nutrition appears in the "Cooking with Gloria" section of ZonePerfect's well-traveled website. Zone Perfect Cooking Made Easy shows you how to adapt the Zone's 40-30-30 (carbs-fats-protein) formula to real food and your real life and supplies daily and weekly menus along with down-to-earth explanations of the latest nutrition research findings. Easy and Tasty Recipes for Zone Living: Lettuce Wraps with Thai Peanut Sauce Stuffed Portobello Mushrooms Tuna and Apple Salad Shrimp Scampi with Sun-Dried Tomatoes Scallops with Orange and Sesame Grilled Swordfish in Lime-Cilantro Sauce Grilled Mahi-Mahi with Strawberries Chicken Taco Salad Open-Face Avocado-Chicken Salad Sandwich Turkey Apple Quesadillas Grilled Lemon-Basil Pork Chops Chili-in-the-Zone Zucchini Lasagna Spicy Eggplant Stir-Fry Steamed Butternut Squash with Bok Choy and Mushrooms Sweet Crisps with Ricotta and Berries Apple Crisp or Fresh Fruit Crisp

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## Customer Reviews

I bought this book expecting a quick and easy way to prepare delicious and healthy dishes for myself and my family. While it is quick, simple and healthy, the taste of the recipes is just ok. I'm a

very good cook and a lot of the recipes turned out bland. After a while I ended up adding extra spices or using different cooking techniques to make the dishes palatable. All that being said, this book is a great resource for someone new to the Zone way of cooking and for someone that is either new to cooking or ,as in my mom's case, hates cooking and wants something easy to make. I loved the fact that the author had suggestions for complementary dishes included in each recipe to help you decide which meat to serve with which vegetable and how to make it a complete Zone meal. No guesswork here! Also, the first few chapters are devoted to teaching the reader about the Zone and it's health benefits as well as how to come up with an eating plan. There are also sample menus for week. It is a very well thought out book, but I just wish that the recipes were more interesting and that the book included pictures of the dishes. It's a good book to start with though.

I love this book! As a working person with too little time to cook, I can open nearly any page of Gloria's book and find something healthy and tasty to prepare, without a lengthy list of ingredients or an intimidating set of instructions. And her recipes aren't just quick and healthy, they are imaginative and delicious -- she freely combines poultry with fruit, for example. (I personally think a lot of these recipes could be made for ANY meal of the day, breakfast, lunch or dinner!) Best of all is her emphasis on balance: she offers good eating in the form of recipes that are balanced (carbs to fats to protein) in ways that we could all pay more attention to. This is ZONE eating at its best. Five stars for this cookbok!

I do not like this book. I was expecting a spin off from the original "Zone diet" by Barry Sears. This book changes the process from blocks to grams, much more confusing . The layout of the recipes further complicates. I ask myself , is this a complete meal recipe or just a partial representation to which I must add more grams? I am sorry I ordered this book.

So glad we received this book as a gift. Following it for the past 2 weeks has already made a major improvement in our energy level and healthy feeling. It is a much healthier and better balanced way of eating than Atkins and South Beach. The recipes are clear and easy, with very helpful notes and practical tips by Gloria Bakst. For people often on-the-move like us, one of the best things about this book is the great suggestions for mobile eating, in restaurants, and easy to carry healthy snack foods. Ms. Bakst's style, humor and friendliness make this reading a delight. Thanks, Ms. Bakst and Ms. Goodbody for a great book. Highly recommend!

What more could you want? The recipes are easy, filling, very delicious. My "meat and potatoes" husband found plenty to eat here. This is a great book for a novice cook as well as someone more experienced. Get two, give one for a gift to anyone who wants to look great and not feel hungry. Bon appetit!

I love the recipes because these Zone meals are delicious and extremely easy to prepare. The fact that they're also healthy adds another ingredient into the mix of satisfaction. Bravo!

The introduction to the book is one of the best I have read. It explains what the zone perfect system of living is in a manner that is easy to understand. When one finishes reading it one is ready to follow the Zone Perfect System if they wish. The receipts are varied and give one options. The suggestions that are in the book make it an interesting and different kind of cook book.

What a great book for the "non-chef" type guy who wants to eat healthy and still not spend all day in the kitchen. These are really easy to follow recipies that are fun to make and you know you've had a healthy meal. I've even bought a few copies for office mates that I know could use the better diet available here.

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ZonePerfect Cooking Made Easy: Quick, Delicious Meals for Your Healthy Zone Lifestyle ZONE DIET: Zone Diet Cookbook (Includes 50 Zone Diet Recipes For Every Meal) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, Food Allergies, ... Zone diet food, Zone diet for beginners 1) Mason Jar Meals: Quick, Easy & Healthy Mason Jar Meal Recipes For Busy People: Cooking For One with Meals In A Jar (mason jar, mason jar recipes, mason ... jar recipes, jar meals, mason jar salads) Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, healthy snacks, deserts) Low Carb Freezer Meals: 30 Healthy Meals to Choose and Prepare in One Day for the Whole Week to Save Your Time and Money (Microwave Cookbook & Quick and Easy Meals) Slow Cooker: Low Carb: 142 Low Carb, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss - 3rd Edition (Low Carbohydrate, Easy Meals, ... Meals, Low Carb Cookbook, Weightloss) Cooking For One Cookbook: Loaded With Delicious, Healthy, Quick And Easy Recipes That Won't Break The Bank (Cooking For Two, Freezer Meals, One Pot Recipes) Freezer Meals BOX SET 3 IN 1: 25 Simple And Money-Saving Recipes + 20 Healthy Crockpot Freezer Meals + 16 Delicious And Healthy Freezer Meals With No Meat: ... cookbook for

two, dump dinners cookbook) ZONE DIET: Zone Diet For Weight Loss & Better Health (Includes a 7-Day Meal Plan to Lose Weight Now) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, ... diet food, Zone diet for beginners Book 1) Healthy and Easy Freeze, Heat, and Eat Meals: Quick, Delicious, and Low-Carb Freezer Meal Recipes for Your Family (Microwave Meals) The Microwave Gourmet Cookbook!: Quick and Easy Microwave Cooking Recipes that will Blow your Mind! (Fast, Quick, and Easy Cooking Recipes and Cooking Tips! Book 1) Vegetarian: 4-Week Vegetarian Nutrition Cookbook for Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans for Beginners (Healthy Low Carb Vegetarian Recipes for Diet and Lifestyle) Quick and Easy Make Ahead Meals Cookbook: 25 Make Ahead Meals Made Healthy Chinese Cooking: No Wok Takeout! 80 Amazingly Delicious 3 Steps Or Less Chinese Recipes Revealed (Chinese Cookbook, Cooking For One) (cookbook for beginners, ... meals cookbook, easy meals for one 2) Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan) 1,001 Heart Healthy Recipes: Quick, Delicious Recipes High in Fiber and Low in Sodium and Cholesterol That Keep You Committed to Your Healthy Lifestyle Recipe Book: The Best Food Recipes That Are Delicious, Healthy, Great For Energy And Easy To Make (Healthy Cooking, Easy and Healthy Recipes, Recipe Cookbooks) Quick & Easy Recipes: Super Bowl Party Recipes: 35 Easy and Delicious Super Bowl Recipes, Appetizers, Dips, and More! (Quick and Easy Cooking Series) Breakfast Meals Made Simple Cookbooks: 100 Sensation Breakfast Recipes - Healthy food (Breakfast, Meals Made Simple, Breakfast cookbooks, Breakfast recipes, Breakfast ... : 100 Sensation Breakfast Recipes) Slow Cooker Freezer Meals: 30 Best Tasting Slow Cooker Freezer Meals In 3 Hours: (Freezer Recipes, 365 Days of Quick & Easy, Make Ahead, Freezer Meals) ... cookbook for two, dump dinners cookbook)

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