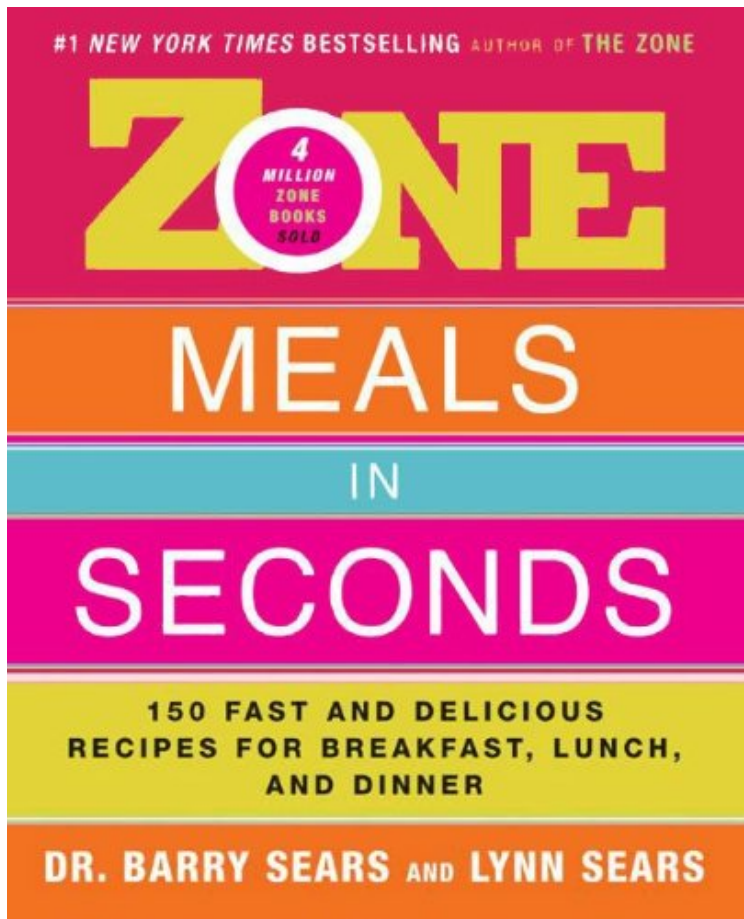


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Zone Meals in Seconds: 150 Fast and Delicious Recipes for Breakfast, Lunch, and Dinner



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Description :

Prsentation de l'diteurA quick, easy, family-friendly cookbook for the millions of Zone households around the world.Millions of people worldwide have discovered the incredible weight-loss and health benefits of living in the Zone. For almost 10 years, Lynn and Barry Sears have maintained a completely Zone-friendly kitchen. With two daughters - one a finicky first-grader and one a vegetarian teenager - Lynn has had to use all of her creative and culinary skills to keep her family healthy and happy. Zone Meals in Seconds combines Lynn's hard-won wisdom and valuable experience with Barry's Zone expertise and medical knowledge in the first-ever family-friendly Zone book. From quick and easy family dinner recipes and snack tips, to advice on packing school lunches and surviving backyard barbecues, this book is a must-have for people who want to experience the incredible benefits of the Zone but need help answering the all-important question, 'What do I eat?'Written with the help of an experienced chef and recipe developer, Zone Meals in Seconds offers more than 200 fast and family-tested recipes for Zone-approved breakfasts, lunches, and dinners. Prsentation de l'diteurA quick, easy, family-friendly cookbook for the millions of Zone households around the

world. Millions of people worldwide have discovered the incredible weight-loss and health benefits of living in the Zone. For almost 10 years, Lynn and Barry Sears have maintained a completely Zone-friendly kitchen. With two daughters - one a finicky first-grader and one a vegetarian teenager - Lynn has had to use all of her creative and culinary skills to keep her family healthy and happy. *Zone Meals in Seconds* combines Lynn's hard-won wisdom and valuable experience with Barry's Zone expertise and medical knowledge in the first-ever family-friendly Zone book. From quick and easy family dinner recipes and snack tips, to advice on packing school lunches and surviving backyard barbecues, this book is a must-have for people who want to experience the incredible benefits of the Zone but need help answering the all-important question, 'What do I eat?' Written with the help of an experienced chef and recipe developer, *Zone Meals in Seconds* offers more than 200 fast and family-tested recipes for Zone-approved breakfasts, lunches, and dinners.

Biographie de l'auteur Dr. Barry Sears is recognized as one of the world's leading medical researchers on the hormonal effects of food. He is the author of the number one New York Times bestseller *The Zone* as well as *Mastering the Zone*, *Zone-Perfect Meals in Minutes*, *Zone Food Blocks*, *A Week in the Zone*, *The Age-Free Zone*, *The Top 100 Zone Foods*, *The Soy Zone*, *The Omega Rx Zone*, *Zone Meals in Seconds*, and *What to Eat in the Zone*. His books have sold more than five million copies and have been translated into twenty-two languages in forty countries. He continues his research on the inflammatory process as the president of the nonprofit Inflammation Research Foundation in Marblehead, Massachusetts. The father of two grown daughters, he lives in Swampscott, Massachusetts, with his wife, Lynn.