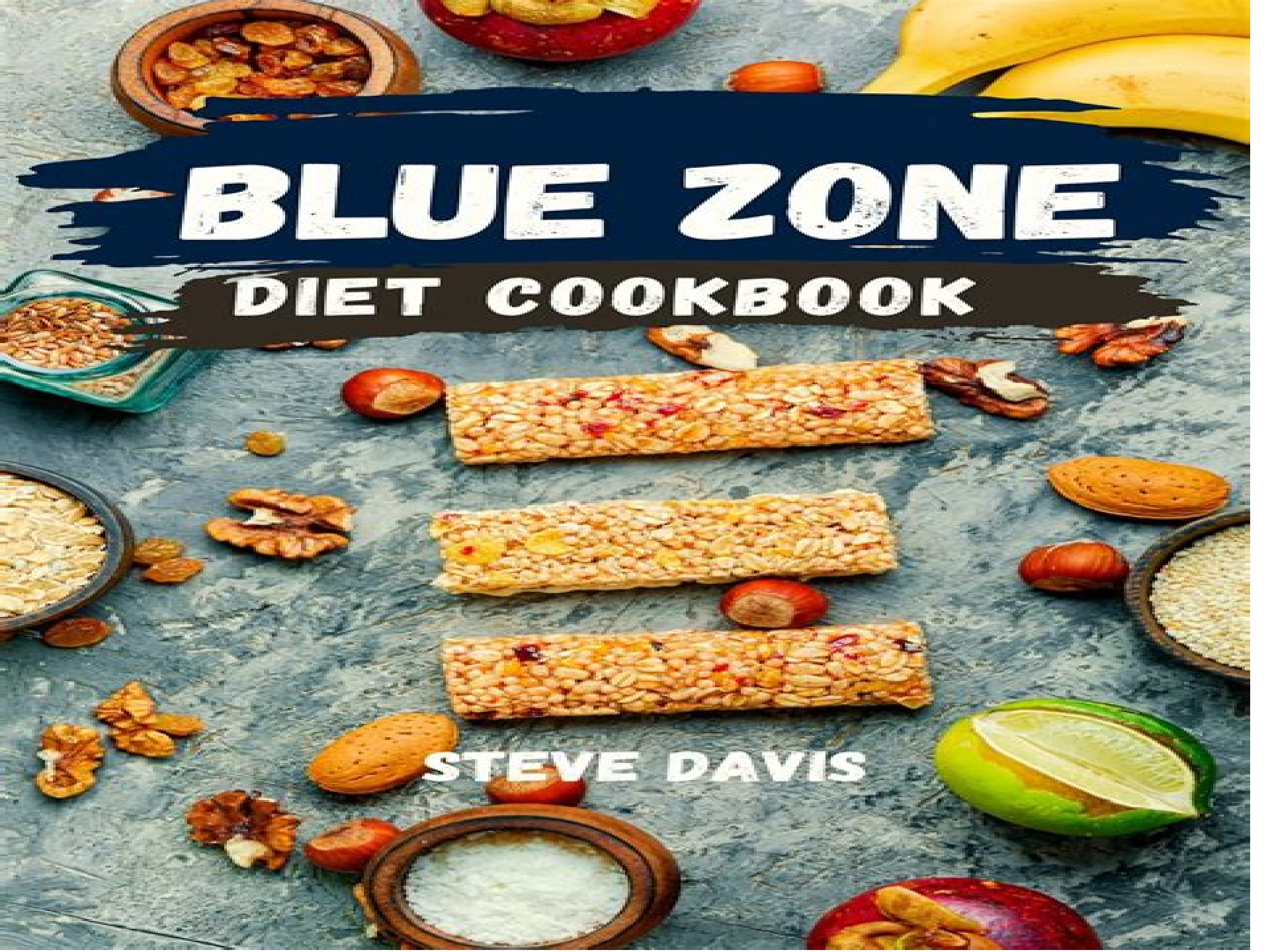




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just 1 to 1 5 pounds in the first week But the plan pledges that the weight you lose will be all fat not muscle or water As your body changes your clothes will fit better even if the scale doesn t budge all that much at first To follow the diet you need to stick to a set ratio of 40% of your daily calories coming from carbohydrates 30% from protein and the remaining 30% from fats Although we allow you to choose how many meals and snacks you wish to have the diet recommends that you have 3 main meals and 2 snacks or 5 smaller meals each day The Ultimate Zone Diet Cookbook Shannon Smith Rdn,2021-04-08

Th Z n D t has been ul r for v r l d d lt n ur g followers to t a certain m unt f protein carbs nd f t t every m l n rd r to r du nfl mm t n n th b d m ng other h lth b n f t Want to get into the Zone but don t have the time Now in this all new collection of easy and delicious recipes Shannon Smith shows you how to prepare Over 30 Zone Perfect recipes in minutes This book r v d a detailed v rv w of th Z n D t n lud ng h w t follow t t benefits nd recipes to enjoy on the diet Zone Diet Ryan Beal,2023-12-06

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