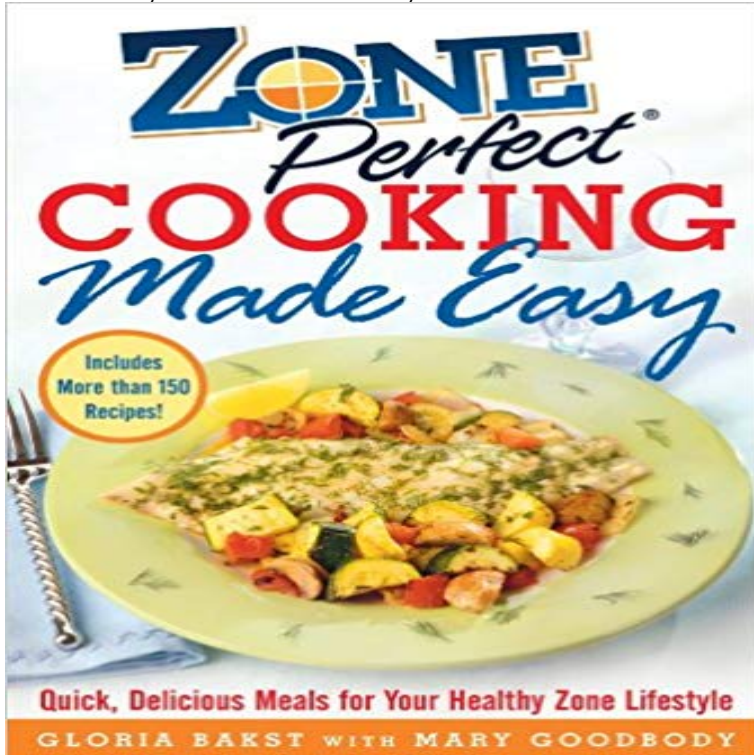


ZonePerfect Cooking Made Easy: Quick, Delicious Meals for Your Healthy Zone Lifestyle



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 Zones 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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