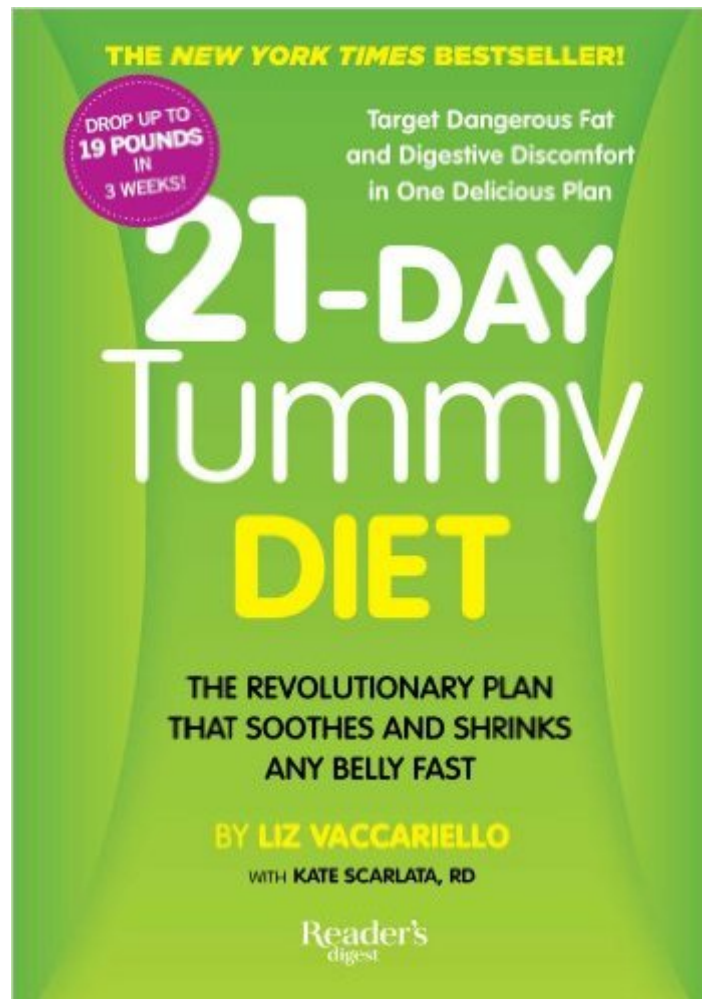


The book was found

21-Day Tummy Diet: A Revolutionary Plan That Soothes And Shrinks Any Belly Fast



Synopsis

Based on the latest science, the 21-Day Tummy diet targets excess weight and belly fat while addressing the most common digestive disorders, and is a fun, easy guide to healthy eating that will have you feeling great! The New York Times best seller is now in paperback. As seen on The Doctors, and Dr. Oz Show, 21-Day Tummy Diet, is based on the latest science, that targets excess weight and belly fat while addressing the most common digestive disorders. Relieve digestive issues and shrink your waistline with the new, sensitive stomach meal plan from Liz Vaccariello, the New York Times® best-selling author of The Digest Diet and Flat Belly Diet Series. Lose the Belly Bloat and feel better fast 21-Day Tummy Diet is designed specifically for people with temperamental tummies. You'll whittle your middle and discover which foods protect you from the main causes of digestive discomfort. Say good-bye to your grumbling belly and start feeling good again. Let the 21-Day Tummy show you how! Inside you'll find: An easy-to-follow 21-day eating plan that minimizes shocking Belly Bully foods that cause discomfort and weight gain, while piling on soothing Belly Buddy foods. more than 50 scrumptious recipes such as Tomato-Ginger Flank Steak, Chunky Chicken Couscous, Twice-Baked Potato with Pepper Hash, and Almost-Pumpkin Mini Pies. inspirational stories and advice from real readers who tried the plan "one lost 19 pounds, another 4 " belly inches, and everyone improved their digestive symptoms in just 3 weeks! an optional equipment-free workout plan that helps to both sculpt and sooth your stomach with a mix of core strengthening, walking, and yoga. 21-Day Tummy is a fun, easy guide to healthy eating that will have a smaller, healthier you feeling better than, well, possibly ever!

Book Information

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Customer Reviews

Background: My Dr. wanted me to follow a low FODMAP meal plan because of my continuous problems with bloating and constipation. I dreaded starting such a plan because you cannot have what Liz (the author) refers to as Belly Bullies which include onions, garlic, apples, peaches and other yummy staples! I was ecstatic to learn that Liz came out with a book to address these problems because having been successful on The Digest Diet (also authored by Liz) I knew that the recipes included in this book would not disappoint. The results are in: I decided to recruit my mother and sister. We started on 1/1/14. We completed the first phase (5 days) ... I (age 36) am down 8.5 lbs, my mother (age 57) is down 6.5 lbs and my sister (age 28) is down 7.5 lbs. My sister and I can stand to lose between 15 - 20 lbs and my mother is about 50 lbs overweight. Both my sister and I exercised about 45 minutes per day for all five days and my mother only exercised one day for about 45 minutes. We all did light to moderate cardio such as elliptical and stationary bikes. Meal Plan Insight: I believe the book says that you can eventually add back "belly bullies" but I think it does a good job in helping you identify which of these bullies is the culprit of tummy issues. I have been 7 days and counting without them and I can say that I have ate delicious meals! I tried most of the recipes in the book but have created my own meals by using recipes in the book as guidelines and paying close attention to allowed portions. I agree the shakes are just OK so I just have them at breakfast. The first 14 days require you to have a shake as a meal. Sorry no way around them!

I just finished day 9 and I have had 9 wonderful days with my tummy. Not one solitary issue and I deal with many digestive issues since I no longer have a gallbladder. I was uncomfortable almost all day every day with one thing or another. I am sure when I do the bully tests I will find out what is not agreeing with me. I wish the layout of the book was a little better - I have put my meal plan on a spreadsheet with the location #s from the book for easy referencing. My favorite breakfast is the banana smoothie Liz shared (I switched the pumpkin seeds with half chia and half flax seeds). (oh and freezing the banana before hand is a must - I forgot one day and I could barely tolerate the smoothie) The one snack I keep craving is the Mini Caprese Salad - it is to die for. The Curried Chicken Soup is wonderful. My kids loved all the meals so far with the exception of the salmon/cabbage meal - but I got smoked salmon by accident and the lemon was just way too much. I will try it again with chicken (or maybe tuna steaks) and switch the lemon out with something else...I used to basically have coffee, lunch maybe once or twice a week, then at dinner a lot of

pasta or bread meals. (strangely enough I do not miss bread or pasta) Then late night snacks with awful for me foods. I cut out the coffee and now my late snack is a handful of almonds or a piece of soft cheese which is not really part of the plan (to eat a late night snack). I lost 4 lbs the first 4 days. I have not done any exercising as of yet. The trickiest thing for me was the fact I have 7 in my family and so the shopping list was something I had to tweak and my fridge can not hold a week's worth of the fresh veggies so I have to go shopping 2x a week instead of my usual 1 day a week.

What I love about 21-Day Tummy is that it isn't just a book on weight loss and diet management; it's unique in that it also places importance on the digestive tract. Many of the recipes and theories revolve around the bodily chemistry regarding certain foods and exercises, so this diet plan is one that targets both shedding pounds and metabolizing your digestive system. If you suffer from weight gain due to digestive slowdown, this is the perfect book for you. It is well backed and well explained, so anyone can follow and understand the logistics of the diet "even if you have minimal experience with dieting. That's what I love about Vaccariello's diet guides; they're so accessible! The recipes, as expected, are amazing. Just looking at the photographs makes my mouth water, and I love how each ingredient is elaborated upon. There are helpful lists of digestive do's and don't's throughout the book, which are entertaining and useful for the kitchen. Other helpful tools include measurement conversion charts, grocery shopping lists, green lights and red lights of foods (regarding how they'll treat your stomach), and myths about certain foods busted or confirmed. I find it really helpful that the regimen's goal is to not only flatten tummies, but also regulate the inner workings of the body. It takes the focus off the scale and tape measures, and places it onto feeling and being HEALTHY. Pros: Methodical, biologically sound approaches to dieting and improving the digestive system // Lots of tried-and-true recipes that are worth testing // Real-life testimonies and weight loss plans and interviews of successful dieters included Cons: Some recipes don't include pictures and are difficult to follow // I'm skeptical of the timeline.

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