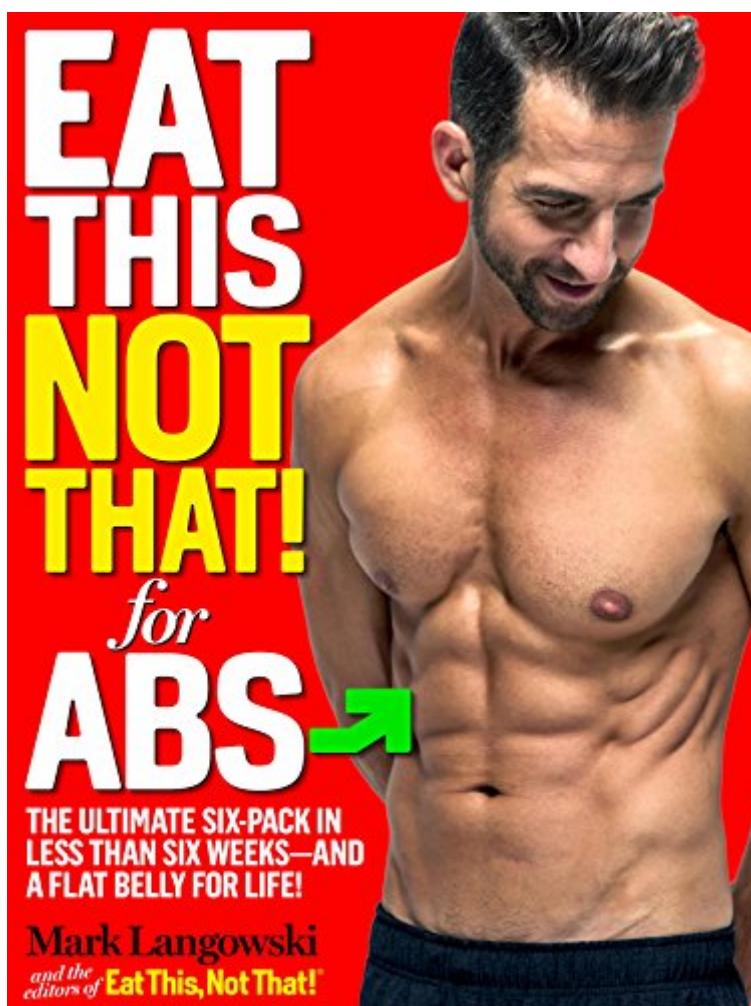


The book was found

# **Eat This, Not That! For Abs: The Ultimate Six-Pack In Less Than Six Weeks--and A Flat Belly For Life!**



## Synopsis

Strip away belly fat and unveil lean, hard, rippling abs with the power of simple swaps and the scientifically proven new diet system from the bestselling authors of Eat This, Not That! Â Can you get abs in just five weeks by eating bacon, pizza, burgers, even ice cream? Yes, you can with the unique eating and exercise program from celebrity trainer Mark Langowski and Eat This, Not That! Â Using groundbreaking new science, youâ™ll eat whatever you want for two weeks at a time, focusing on fat-burning, muscle-building foods like burgers, steak, and even pasta. Then youâ™ll use a simple but effective 4-day cleanse to shred away fat, unveiling a lean, fit physique so quickly, youâ™ll be shocked by the results. Â The secret lies in the power of simple swaps. Youâ™ll discover how you can cut hundreds of calories out of your day while still enjoying the foods you love. And as you feast on your favorites, you will: Â â¢ Lose body fatâ "as much as 12 pounds in 2 weeks!â "without ever feeling hungry or deprived. Discover how choosing a barbecue beef dish over a chicken salad at Chipotle can save you nearly 270 calories and 25 grams of harmful fat! â¢ Boost your metabolismâ "instantly! Use the unique two-phase diet and fitness plan to jumpstart your bodyâ™s natural furnace and start melting fat 24/7. â¢ Shred down to abs in just 4 days! The unique LEAN phase of this program will strip away body fat even as your metabolism continues to rev. â¢ Build a lean, solid coreâ "without crunches! Get up off the floor and start having fun with exercise! With this unique workout program, youâ™ll never get bored or frustrated, and youâ™ll watch the pounds melt away. â¢ End inflammation, and cleanse and heal your body naturally. This unique plan explains how lauric acid, a common but entirely avoidable additive in our food, creates inflammation throughout the body, leading to weight gain no matter how hard you try to diet and exercise. Lose itâ "and heal! Â With a complete, easy-to-use eating plan that works for everyone, a simple and effective workout program, plus delicious recipes for meals, snacks, and even desserts, Eat This, Not That! for Abs is fastest, most effective plan ever designed to strip away belly fat and get you the lean, hard midsection you deserve!

## Book Information

File Size: 163471 KB

Print Length: 506 pages

Publisher: Galvanized Books (December 29, 2015)

Publication Date: December 29, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B0180T2YZG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #179,798 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #75

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Food

Counters #151 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters

#929 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness

## Customer Reviews

i wish it had a shopping list section. i wanted to toss all the food out i have and restock for the book. i had to flip back and forth and write notes on what to buy. the information in the book is great but the layout could have been better. it makes it even worse when it is an ebook to scroll each page trying to stock up on food to use. i hope a paper version is released to make it quicker to search back and forth. i will be starting jan 2 2016 and will add a review of the results in 3 months, 6'1 and 243 pounds.

UPDATE: After taking all this in, and reflecting on the "post read" review... I put the "theory" in place. Didn't follow the proposed time schedule, but used the information to fit into my day. I didn't workout differently, didn't change my daily schedule, but put the dietary pieces into play. Removed added sugar, soy products and sugar substitutes. Use whole grains, full fat dairy, fruits and vegetables, etc. The end result... a 16 pound weight loss in 6 weeks! The weight loss plateau I had been on for 12 weeks (after an initial 20 pound loss) was CRUSHED. I have recommended this book to SO many people who are struggling. These are all "normal" people... not anyone who would be on reality TV. This was an "easy read" with only 1 noted "typo". I completed it in a single setting as it managed to keep my interest through the testimonials and call-outs with facts. It's written in simple, uncomplicated language. It had an enormous amount of information about inflammatory response and the consequences. It left me somewhat shocked by the things I eat that should be changed. Things I believed - until now - were good for me. That said, I also was disappointed that we approach it that all men, or all women, seem to be equal physiologically. Meaning there was no distinction between the guy who is 5' 8" and weighs 175 pounds and the guy who is 6' 2" and

weighs 240 pounds. No difference in if you are starting at 35% body fat or 27', no difference between the person with a TDEE of 1500 or 3500. There was also no alternative schedules for those who can't be in the gym - or working out - at 8 am or noon. Hopefully I can just use the principles of the program and achieve the results I'm looking for. One thing for sure, after reading this, it is motivating to believe you can accomplish this last step, but also left me thinking... I sure would like to consult / train with this professional.

I hit a high weight recently, and the old tricks didn't work. The diet described here is healthy and sustainable. I've lost weight and fat.

Very informative, just what I wanted in a diet.

Thank you! Amazing approach for conditioned athletes! As a certified personal trainer I have recommended this book to many of my clients.

I love how this book really explains why the government's recommendations for eating are so wrong, and what you should do instead. The book was easy to understand, and I have begun adopting this lifestyle. I have already noticed my pants a little looser after just 3 days. Can't wait to see how far I can go with it.

I was a test panelist for the book and all I can say is WOW. I am an avid runner but never do any strength training. I followed the book closely and was pleased to see how easy it was to follow. After the 5 weeks, I lost a total of 13 pounds and 3 inches just around my waist. People were amazed at how much weight I had lost in such a short period of time. On the plan, you basically:  
+ Eat delicious, muscle-building foods that are easy-to-make and stuff you'd want to eat anyway  
+ Stip away fat during the program's short LEAN phase, to give your abs definition  
+ Make simple swaps when eating out  
"all in the book.  
+ Do the awesome workouts, if you want  
"thanks to simple instructions and color photos of the trainer doing them.  
I know Mark Langowski has had a lot of success with his celebrity clients, and I've seen him on Good Morning America. I'm glad I signed up for the test panel because he believes nutrition  
"not crunches  
"are the key to getting abs, and to be honest, there's no way I was going to do crunches. I've tried and it doesn't work!

Wow! Loved this book.. Totally changed my way of eating after reading it and not only was I full

throughout the day, but also had much more energy, I lost 8 lbs over three weeks. Definitely recommend following the food guidelines... Nothing has worked before for me like this book! Definitely must read!

[Download to continue reading...](#)

Flat Belly Diet: The 14 Day Challenge - Flat Belly Diet Cookbook: Flat Belly Diet for Women, Flat Belly Diet for Men, Flat Belly Recipes, Eat ... Belly, Flat Belly, Flat Belly Diet (Volume 1) ABS: The Ultimate Guide on How to Gain Six Pack Abs Fast (Abs Exercise- Abs Bible- Abs Diet for Men- Abs Diet for Women- Abs after 40 - Abs over 40) Eat This, Not That! for Abs: The Ultimate Six-Pack in Less Than Six Weeks--and a Flat Belly for Life! BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) Six Pack Abs 365 - How To Get And Keep Your Six Pack Abs All Year Long Simple Six Pack Abs Strategy: 5 Easy Ways To Get Ripped Abs in 6 Weeks Wheat Belly: Wheat Belly Slow Cooker: 30 Delicious Grain-Free Slow Cooker Recipes for Beginners (Wheat Belly, Wheat Belly Slow Cooker) The Ultimate Sexy Six Pack Abs Guide: 30 Days Diet and Workout Plan to Burn Abdominal Fat and Get a Six Pack Six pack sixties: getting six pack abs in your sixties The Abs Diet 6-Minute Meals for 6-Pack Abs: More Than 150 Great-Tasting Recipes to Melt Away Fat! Abs Bible: 37 Six-Pack Secrets for Weight Loss and Ripped Abs: Bodybuilding Series, Book 3 The New Abs Diet for Women: The 6-Week Plan to Flatten Your Belly and Firm Up Your Body for Life (The Abs Diet) 17-Day Slim Down: Flat Abs, Firm Butt & Lean Legs - See Results in Days, NOT Weeks! 17-Day Slim Down (2nd Edition): Flat Abs, Firm Butt & Lean Legs - See Results in Days, NOT Weeks! (Exercise) Get Ripped Abs: A Comprehensive Guide to the Best Way to Get Ripped Fast! Be a Sexy Beast by Summer! (Bodybuilding, Ab Workouts, How to loose belly fat, How to get abs) Belly Fat (3rd Edition): 51 Quick & Simple Habits to Burn Belly Fat & Tone Abs! How to Burn Belly Fat: 37 Fitness Model Secrets to Burn Belly Fat ( Abs, Ab Workouts, Healthy Living Tips) Burn Belly Fat: 31 Ways to Melt Fat Around Your Belly & Tone Your Abs! Belly Fat: 51 Quick & Simple Habits to Burn Belly Fat & Tone Abs!

[Contact Us](#)

[DMCA](#)

[Privacy](#)

FAQ & Help