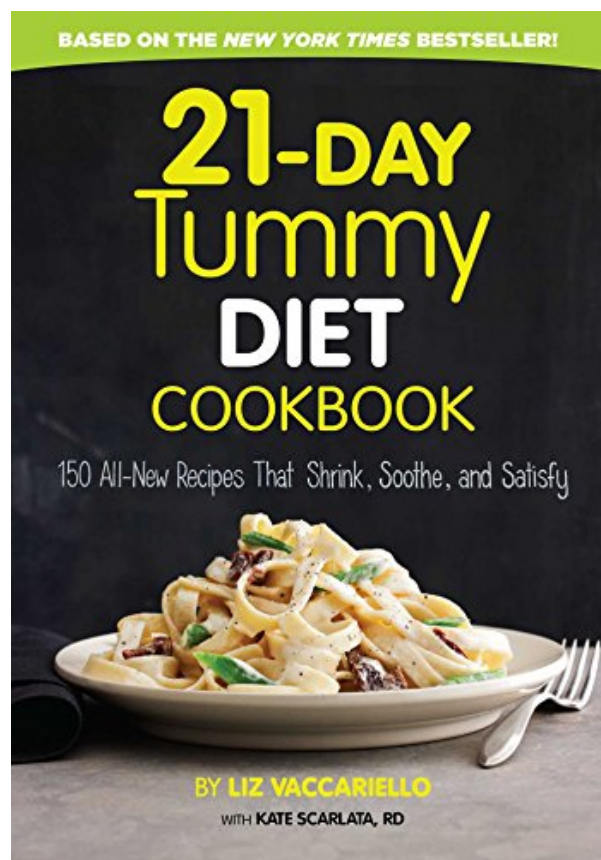


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21-DAY Tummy DIET COOKBOOK

150 All-New Recipes That Shrink, Soothe, and Satisfy



BY LIZ VACCARIELLO

WITH KATE SCARLATA, RD

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About the Author

Liz Vaccariello is the editor-in-chief and chief content officer of Reader's Digest, one of the world's largest media brands, with 26 million readers. A journalist with 20+ years experience in health and nutrition, she's also the coauthor of the New York Times bestsellers Flat Belly Diet!, 400 Calorie Fix, The Digest Diet, and 21-Day Tummy Diet. Vaccariello regularly appears on national programs such as Good Morning America and The Doctors, and has been featured on The Biggest Loser, Today, Rachel Ray, and The View. Previously, Liz was the editor-in-chief of Prevention. She lives in New Jersey with her husband and twin daughters. Her blog, Losing it with Liz, lives on rd.com. She has over 3,000 followers on Twitter (@LizVacc).

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21-DAY TUMMY DIET COOKBOOK: 150 ALL-NEW RECIPES TO SHRINK AND SOOTHE YOUR BELLY! BY LIZ VACCARIELLO PDF

From New York Times Bestselling author Liz Vaccariello, 150 all-new quick and easy recipes to help you extend and maintain the 21-Day Tummy Diet. Featuring sample menus for each phase, easy to follow tips on how to create your own Belly Buddy recipes, and inspirational stories from the Tummy Testers.

Belly bulges plague millions of Americans. So does bloating, heartburn, and other tummy troubles. It's no coincidence. As Reader's Digest editor-in-chief and weight loss expert Liz Vaccariello revealed in 21-Day Tummy Diet, the same foods can both pack on the pounds and lead to gastrointestinal problems—and the culprits may surprise you. Luckily, there are also foods that can help us both shrink and soothe our stomachs. In 21-Day Tummy Diet Cookbook, you'll find 150 all-new quick and easy recipes featuring amazing Belly Buddies such as blueberries, potatoes, and tomatoes, including:

- Fast and filling breakfasts such as Potato, Ham and Cheddar Hash and Blueberry Corn Muffins, plus all new variations on the Belly Soother Smoothie
- Soothing and satisfying soups such as Italian Tomato and Meatball Soup and Chicken Chard Soup with Pasta
- Nourishing entrees and one-dish mains such as Tex-Mex Cheeseburger, Hazelnut-Stuffed Pork Chops, and Chicken Mac and Cheese
- Simply delicious sides and salads such as Cherry Tomato and Forbidden Rice Salad, Tuscan Green Beans, and Home-Fries
- Delectable desserts such as Chocolate-Chip Walnut Cookies, Blueberry Shortcakes, and Mochachino Cupcakes

Plus you'll find sample menus for each phase of the 21-Day Tummy Diet, easy-to-follow tips on how to create your own Belly Buddy recipes, and inspirational stories from the Tummy Testers, who collectively lost 90 pounds in 3 weeks, shed 29 inches from their waists, and all reported fewer digestive symptoms and happier tummies.

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Most helpful customer reviews

9 of 9 people found the following review helpful.

The few recipes I've tried so far are tasty - they don't seem like diet food at all

By Carrie Koltunov

I started this diet in part to lose the 5 pounds I gained over the holidays, and in part to see if it would help my acid reflux. I'm not quite done with the first week, and I've lost 2 pounds. My acid reflux hasn't acted up at all. The few recipes I've tried so far are tasty - they don't seem like diet food at all. They are also quick and easy to make, although if you have a busy schedule you have to really plan ahead. A few of the items in some of the recipes are hard to find at your regular grocery store. You might have to go to a health food store, or someplace that carries a lot of specialty items. Also, I've found that you don't need the 21-Day Tummy Diet book that this is supposed to go with. This book works fine as a stand-alone.

Would highly recommend if you are someone who can plan meals ahead of time and are capable of sticking to a very restrictive diet.

12 of 15 people found the following review helpful.

What are you waiting for?

By Sassy C

The book is great. I like how it starts with a basic understanding of the cause of tummy troubles such as bloating and constipation and then goes into the recipes. I would suggest using this book in combination with the 21-Day Tummy diet book (it came out year)which will give you a more detailed understanding of tummy troubles and includes receipes as well. But if a "basic" understanding is all you need and you are looking for an abundant amount of "tummy tamer" recipes then this book will do. The book includes all you need to be successful on the 21 day tummy diet which includes sample meal plans for the 3 phases and guides you on how to identify Belly Bullies and Belly Buddies. I am a huge fan of Liz Vaccariello's books (I also tried the Digest Diet and was quite successful). Unfortunately, last year when I bought the 21-Day Tummy diet book I was only able to complete through day 14 because I ended up moving across the country which meant staying in a hotel and lots of eating out. But at day 14, I was already down 9lbs. So of course with the move and not having access to "my kitchen" I got back into my old habits and indulged in "belly bullies" in 2014.

But this year, I am committed to finding out the true culprits of my bloating and constipation. This book has delicious low Fodmap recipes. Searching the internet just isn't enough. The recipes in this book are by far outstanding. I restarted the 21-Day Tummy Diet on 1/1/2015 and am on day 8 and have lost 6 lbs. I feel amazing, actually I felt amazing after day 3. I agree with the other reviewers I would have loved to have seen more pictures that way I can visualize what its suppose to look like or say "hmmm that looks good, I'll try that". Even a little tiny picture in the corner of each page would have been suffice. Here are couple of my

favorite recipes:

Tomato and Mozzarella Egg "Pizza", Barbecue-Glazed Flank Steak, Seared Pork chops with Pineapple Sauce & Turkey Braciolo.

Just a warning you may get overwhelmed with some of the ingredients but Liz does suggest going to find the items in the bulk foods aisle of the grocery store. This really helped because these "exotic" ingredients in most cases you would only need a tablespoon. You can get what you need. I paid \$.58 for oat bran. Score! Chia Seeds \$3.00! Yay!!!

Belly Soother Shake

As some of you 21-Day Tummy dieters know you have to have the shake as one of your meals for the first 14 days. I didn't know about vanilla paste until Liz introduced it in this book. The hunt was on. It is pricey \$10 for 24 ounces. However, this stuff is amazing! I use it in place of vanilla extract. And I do prefer the flaxseed in the shake vs. the chia seeds. The chia seeds in my opinion are bitter and grainy. Also, I want to point out that low fat greek yogurt plays a huge role not only in the shake but also in other recipes. You might want to stir clear of this book if you don't care too much for it.

Tips

I can't stress it enough-DON'T OVERWHELM YOURSELF. This diet is all about preparation. Don't try to make all of the recipes in one week! Trust me you will be tempted. I did little things. Like I prepared items I knew I would need throughout the week. I knew for day to day cooking I would need the Infused Olive oil so I made a batch of it to rub on chicken and pork before grilling. Or used as a base to sauté veggies. Also, I knew I would be eating salad with most of my meals so I had the basic salad dressing on hand. This worked out lovely. Throughout the week I just focused on main dishes (the protein). I did do a couple of Sweet potatoes in the oven as my "carb" side. This week it is all about the Quinoa. I have a plain batch prepared. Tonight I plan to spice some of the Quinoa up with tomatoes, limes and cilantro (Yummy side dish-the exact recipe is in the 21 Day Tummy Diet book). Remember the recipes are guidelines. A plain (salt and pepper) piece of chicken, pork or fish will do just fine with one of the favorful side dishes offered in the book! As I have closed with other reviews, my husband who is not on the diet loved the recipes. Especially the Arugula Salad that took all of 10 minutes to prepare. We are both "regular" now. Well he has always been regular but is super regular now ? In the past I have only given Liz's books 4 stars because I would say the ingredients are expensive and hard to locate. I am totally over it now. I can't put a price on feeling amazing. Thank you Liz and Kate!

UPDATE:

I completed the 21-Day tummy diet on 1/21/2015. I am down 9 lbs! A little about me; I work out regularly (4-5 times a week). Workouts include jogging and weights. I am currently doing the Belly Bully tests. Test #1 Lactose- I failed it! I found that milk and regular yogurt makes me constipated and bloated. I am back to my tummy tamer eating and will start the next test in a few days (as instructed in the book).

I am someone who eats healthy at least 80% of time (I don't eat fried foods and eat lots of veggies); and this book has really helped me understand that some healthy foods are actually the cause of tummy issues.

0 of 0 people found the following review helpful.

Great for reflux I highly recommend

By mickgirl2u

This book has made an amazing difference for my tummy. I have had two nissen surgeries and still suffer with heartburn (mainly nagging cough) after starting this diet I noticed a huge reduction in my cough and other reflux symptoms. I lost 4 pounds the first week but after finishing the 21 days I am back to my

beginning weight (I wasn't doing this for weight loss) but I did not go by measured amounts or strict diet I just used the recipes and drank a smoothie every morning which are amazing. I have tweaked a lot of the recipes but I stay within the guidelines of foods and spices I can eat and most of the recipes I have tried are really good but there are a few..... Well I guess like most cookbooks there are always going to be a few that you don't like. My family has also enjoyed a lot of the recipes (they didn't even know that I had substituted some unhealthy ingredients for healthier ones) I would have never tried a lot of the foods (vegetables mainly) if it weren't for this diet. I am surprised at how many of them I like and the mixtures and flavors of the foods are wonderful !!! I have noticed when I don't stick to the diet my reflux symptoms immediately return. So I am happily sticking to this new and very tasty way of eating. I now have my parents eating a lot of the foods and meals from this book and They as well have been very impressed, I will definitely be a lifetime fan.

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