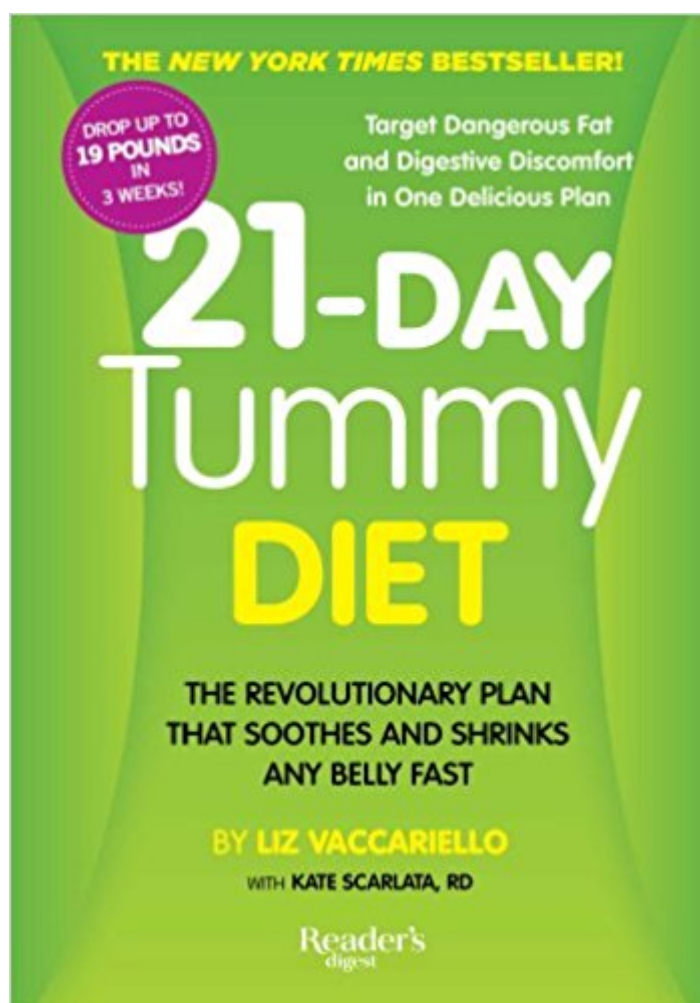


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# 21-Day Tummy Diet: A Revolutionary Plan That Soothes And Shrinks Any Belly Fast



## 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 ½ 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

Health journalist Vaccariello (The Digest Diet) presents a three-week program designed to resolve symptoms of five common digestive disorders and the belly bulge that accompanies them. The same diet that alleviates gastro-intestinal problems like heartburn and acid reflux, gas and bloating, constipation, diarrhea, and irritable bowel syndrome also results in a flat stomach. Exploring the connection between digestion and weight, explaining the role of gut bacteria, and identifying diet as the major cause behind the chronic inflammation, she advises how to âœdie[t] away digestive disorders.â • A 3-phase, day-by-day food plan, featuring over 50 recipes, shows readers how to calm their sensitive stomachs, enjoy delicious dining, flatten those tummies, and lose an average of 6â “10 lbs. With lively writing, inviting four-color format, pull-outs, sidebars, nine personal success stories (including the authorâ™s), and enticing photography, this book is a winner. --This text refers to an out of print or unavailable edition of this title.

Liz Vaccariello is the editor-in-chief and chief content officer of Readerâ™s Digest, one of the worldâ™s largest media brands, with 26 million readers. A journalist with 20+ years experience in health and nutrition, sheâ™s also the coauthor of the New York Times bestsellers Flat Belly Diet!, 400 Calorie Fix, The Digest Diet, and 21-Day Tummy. 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). Kate Scarlata, RD, LDN is a registered and licensed dietitian with over 25 years of experience in the nutrition and wellness field, specializing in digestive disorders. Kate completed her postgraduate training at Brigham and Womenâ™s Hospital, a Harvard Medical School teaching affiliate. The author of The Complete Idiotâ™s Guide to Eating Well with IBS, she has been interviewed in many national publications, including Ladies Home Journal and Fitness magazine. She lives and practices in Medway, Massachusetts.

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! On another note my husband who is not participating on this meal plan has enjoyed the onion-less/garlic-less meals. The recipes are quite simple to make my sister who does not cook managed to make the recipes in the book. Rating explanation: There are a few random ingredients in Liz's recipes that had me venturing to specialty stores. I only needed 2 teaspoons of Garam Marsala (what is this?!? --really do you have this in your cupboards???) and because I was so determined to follow the recipe to a "T" I went to 3 stores to locate it. There are quite a few recipes like this and YES it will make you crazy! This book is more deserving of 4.5 stars and I am comparing it to Liz's other book (The Digest Diet) because I recall the shake having over 10 ingredients and I found myself on the search for finding items I never heard of and only to use it once. Also, I can appreciate that in this book Liz does a better job of making sure those hard to find/items you had no choice but to purchase in excess (sorry but you just can't purchase two teaspoons of Garam Marsala!) get used more than once through different recipes. I see myself using some of these ingredients for my own creations. Also, like other reviewers it would be nice to have all the recipes separated by phases rather than by breakfast, lunch and dinner. I purchased the hard cover copy. Suggestions/Tips Liz gives you a meal plan for the full 21 days. I found it easier to stick with two snack choices and change out my meals once every couple of days. For example, I would make a large batch of soup and have it every other day for lunch. The same with dinner I would repeat it every other day or so. I have 2-cup servings of soup in the freezer so it's easy to grab them and thaw them as needed. The only requirement is to stick with meals in the current

phase or in a prior phase. Go into this as using it as a guideline and pay special attention to the Belly Buddies (foods that you can have) and mock the portions and create similar meals to the ones suggested. As far as the shakes; I have been sticking to having banana/blueberries as a fruit and adding cinnamon/vanilla extract for flavoring. Also, I find that using flaxseed vs. chia seeds in the shakes give them a much milder taste. Wishing you much success!!!

An excellent guide for those of us who need to change the way we eat due to gastro-intestinal troubles, and a life-saver for non-fussy, unimaginative cooks like myself who feel helpless when faced by a doctor's "don't eat this" list. Possible weight loss is just a nice side benefit! I did not find it necessary to stick slavishly to the 21-day plan or the exact ingredient list of every recipe. On the contrary: The excellent explanations of why certain foods ("belly bullies") cause gastric distress and others ("belly buddies") improve gastric health give you a perfect roadmap for grocery shopping, and the recipe methodology is so simple and clear that you get the idea right away. I was able to modify dishes to my own taste from Day 1 without violating the overall philosophy, and have had no trouble substituting ingredients when I don't have the exact ones on hand. Every recipe I've tried has been easy to make, delicious and satisfying; many of them are easy to downsize and/or adapt to the toaster oven or microwave. Also, thanks to the many snack ideas listed in the book, I've had no trouble sticking to small, easier-to-digest portion sizes and avoid hunger pangs between meals. Finally, by using the "belly bully test" method, I was able to confirm right away that some "bullies" don't bully me, allowing me to keep some favorites (like milk and regular plain yoghurt) on my list and reducing the "diet means deprivation" feel of the plan. In fact, I wouldn't consider this an actual "diet" book, though you can treat it as such, if you wish. It is more a "how to" book, in my view. My severe belly cramps were caused by the fact that a virus had destroyed my intestinal flora. The "Tummy" way of eating got rid of them immediately. That was six months ago. Since then, I've tested many of the bullies and found how best to navigate them. I discovered that I can tolerate many of them (even beans and whole grain bread) when I keep the portions very small and chew thoroughly. Others (like hummus and frozen dinners) depend on the brand (Cedar's and Amy's). I will always have to watch what I eat and how I eat it from now on, but the "Tummy" book has given me the knowledge and confidence to deal with my rebellious belly, making it a minor "watch it" issue rather than a debilitating health problem with severe impact on my quality of life.

Lost 10 pounds and loved the stuff eggplant...couldn't get enough of it. Need to continue and follow the rest of the book. This is the first time I have lost anything on any plan. I enjoy the recipes,

tasteful and filling. The book has variety, just need to finish the experience. Looking forward to losing much more. Even my Doctor was impressed. My blood work is starting to show a downward trend on those numbers we all fear. Now I don't fear the scale either, its moving in the right direction. Thank you!

Excellent book recommended to me by a friend. I lost 8-9 pounds in 3 weeks and I feel better. It is written clearly, the print is large enough, a very easy read. Everything was explained really well. It was just so much easier to delve into this book rather than the other book that I already had - "Belly Fat Diet for Dummies." I loved a lot of the recipes in the 21-Day Tummy Diet book and will keep eating in a similar way from now forward.

My husband and I are on day 15 and have seen pretty amazing results. Pants are fitting, belts are being adjusted and afternoon/evening gas and bloating are gone. Starting out was pretty stressful--with lots of trips to the grocery store to get ingredients we've never had before. But most of the food we've had has been good and filling. We also purchased the cookbook and have swapped out meals in the same phase when we didn't like what was scheduled in the program. Try all the smoothie combinations in both books until you find one that you enjoy--then stick with it. Have recommended this to others, and I'm not a diet fad person. Only complaint is that the books could be organized more efficiently, as other reviewers have noted.

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