



## The Top 100 Zone Foods: The Zone Food Science Ranking System

By Barry Sears

William Morrow Paperbacks. Paperback. Condition: New. 336 pages. Dimensions: 9.1in. x 6.0in. x 1.0in. With his number one New York Times bestseller *The Zone*, Dr. Barry Sears revolutionized nutritional thinking around the world. Now in *The Top 100 Zone Foods* he shows you how to incorporate the absolute best Zone foods into your diet. Using his new Zone Food Science Ranking System, Dr. Sears has analyzed thousands of foods to find the best proteins, carbohydrates, fats, and spices on earth. *The Top 100 Zone Foods* will introduce you to the exquisite flavors of Zone-perfect dishes such as Pork Tenderloin with Apple Compote, Kodiak Trout with Green Beans, Mediterranean Mushroom Gratin, and Broiled Tuna Steak with Dill Sauce and Fruit -- and you'll reap the rewards of high-performance living at the same time. *The Top 100 Zone Foods* features: The world's healthiest fruits, vegetables, meats, fish, and spices ranked according to nutritive value 100 delicious, easy-to-prepare Zone-balanced recipes, including Zone food block information A Day in the Zone, complete with typical delicious meals and their timing Live in the Zone -- and enjoy improved health, vitality, and strength! This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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