



# **Zone Meals in Seconds: 150 Fast and Delicious Recipes for Breakfast, Lunch, and Dinner (The Zone)**

*Barry Sears, Lynn Sears*

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**A quick, easy, family-friendly cookbook for the millions of Zone households around the world.**

Millions of people worldwide have discovered the incredible weight-loss and health benefits of living in the Zone. For almost 10 years, Lynn and Barry Sears have maintained a completely Zone-friendly kitchen. With two daughters - one a finicky first-grader and one a vegetarian teenager - Lynn has had to use all of her creative and culinary skills to keep her family healthy and happy. *Zone Meals in Seconds* combines Lynn's hard-won wisdom and valuable experience with Barry's Zone expertise and medical knowledge in the first-ever family-friendly Zone book. From quick and easy family dinner recipes and snack tips, to advice on packing school lunches and surviving backyard barbecues, this book is a must-have for people who want to experience the incredible benefits of the Zone but need help answering the all-important question, 'What do I eat?' Written with the help of an experienced chef and recipe developer, *Zone Meals in Seconds* offers more than 200 fast and family-tested recipes for Zone-approved breakfasts, lunches, and dinners.



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