



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

By Barry Sears

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The Top 100 Zone Foods: The Zone Food Science Ranking System By Barry Sears

Dr Barry Sears takes you on a tour of the top 100 Zone foods, offering capsule summaries of their nutritional benefits, along with delicious recipes and Zone Food Block information for each food item.

Being in the Zone has just been made easier now that The Top 100 Zone Foods is available as a convenient mass market paperback. Dr Barry Sears selects the top 100 Zone foods and shows you how to mix and match them to form perfectly balanced Zone Meals. For each food item there is a brief description of its health and nutritional bragging points followed by one or two easy-to-prepare Zone-approved recipes and the appropriate Zone Block information for foolproof Zone cooking.

After explaining how to enter and stay in the Zone, Dr Sears shows why not all foods are created equal – at least from a nutritional and hormonal point of view. Organising the Top 100 into protein, carbohydrates and fats, he shows you how to combine your favourite foods to form hundreds of appropriately balanced and deliciously prepared meals such as Prawn Scampi with Vegetables, Mediterranean-Style Chicken, Spinach Feta Pie, Lemon Meringue, and Strawberry Mousse.

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Editorial Review

About the Author

Dr. Barry Sears is recognized as one of the world's leading medical researchers on the hormonal effects of food. He is the author of the number one *New York Times* bestseller *The Zone* as well as *Mastering the Zone*, *Zone-Perfect Meals in Minutes*, *Zone Food Blocks*, *A Week in the Zone*, *The Age-Free Zone*, *The Top 100 Zone Foods*, *The Soy Zone*, *The Omega Rx Zone*, *Zone Meals in Seconds*, and *What to Eat in the Zone*. His books have sold more than five million copies and have been translated into twenty-two languages in forty countries. He continues his research on the inflammatory process as the president of the nonprofit Inflammation Research Foundation in Marblehead, Massachusetts. The father of two grown daughters, he lives in Swampscott, Massachusetts, with his wife, Lynn.

Users Review

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William McCoy:

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