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"The Abs Diet for Women" is a diet plan book written by David Zinczenko, the editor-in-chief of Men's Health magazine. The diet is an offshoot of "The Abs Diet," a similar book and program designed for both men and women. In the diet, Zinczenko recommends eating a variety of healthy fats and exercising regularly in order to get a flat, toned stomach. Talk to your doctor before trying the diet program, especially if you have health conditions or injuries.

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Page 1 | Reach your sleek ab goals in two months with our 8-week diet plan filled with clean eating recipes and meal ideas for six-pack abs.

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The Abs Diet for Women The Six Week Plan to Flatten Your

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ABS Diet for Women by David Zinczenko Goodreads

My diet book research continues, perusing the "for women" version of The Abs Diet, seeking how dieting messages may be packaged differently for men and women.

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