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The Six Weeks To Sexy Abs Meal Plan: The Secret To Losing Those Last Six Pounds: A Plant-Based Nutrition Program And Recipes



Synopsis

An Energizing and Delicious Vegan Meal Plan for a Strong and Lean Body Ella Magers has the perfect solution for those stubborn last six pounds and it doesn't involve logging hours and hours at the gym. Ella's unique formula for weight loss is made up of nutrient-dense, calorie-light, whole plant foods. She has created an effective, easy-to-follow six week plan for shedding body fat fast. Not just another fad diet, this program is designed to kickstart a vegan lifestyle and efficient workouts, without the calorie counting or "rabbit food" label! Ella offers a six-week plan of action, from all your meals to snacks, treats and workouts, designed to whip your tummy into shape! She provides delicious and healthy recipes such as the Beet This! Smoothie and Muay Thai Zucchini Noodles, along with grocery lists and tips and tricks for vegan food prep. The supplemental workout plan is intense, yet balanced, and features exercises such as burpees and plank variations for full body; assorted types of pull-ups and push-ups for upper body; and a squats and lunge medley for the lower body. The cross-training focuses on select areas and alternates with cardio on some days and yoga on others. Shed those last few pounds through this nutritious lifestyle by embracing the Six Weeks to Sexy Abs plan and see why it's not about dieting; it's about eating according to your goals!

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Customer Reviews

I hadn't heard of Ella Magers and her Sexy Fit Vegan brand until a couple of months ago, when I came across 's listing for this book and decided to pre-order it. It showed up last night, and I'm really impressed by the plan and by how well-laid-out it is! I'm planning on waiting a few days to start the six-week plan so I can shop for the food I need for it and so I can start it on her recommended Monday. I did, though, sample a smoothie and a dessert recipe last night and this morning, and both were incredibly tasty! Unlike other meal plans I've bought (like the Tone It Up plan), this one makes is so easy to make everything. Each week, you have a chart that spells out exactly what to make, and then right after that you have a shopping list for the week, and then the actual recipes for the week. On the weekly shopping list page, there is also a small list of what you should try to prep ahead of time on a prep day -- things like making a batch of quinoa ahead of or roasting beets for a salad for later that week. Most of the recipes also have photos, and all seem to take less than 45 minutes to prepare and cook; many take just a half-hour, and the morning smoothie recipes take just five minutes. Attached to my review is an image of the generic template that Ella sets out. As you can see, Monday through Thursday, you have a smoothie for breakfast each day, Saturdays you have some kind of oatmeal or porridge, and Sundays you have something more complex to make, like a tofu scramble. For lunch, you're mostly eating hearty salads. Her dinners alternate between a soup and a side dish (both recipes for which appear on the same page, so they're easy to make) and a larger meal. She also budgets in enough for leftovers, so you can have leftovers for lunch, which is nice so that you're not cooking every single meal from scratch. The breakfast and lunch recipes make enough for one serving, but the dinner recipes make enough for 2-4 servings. Doubling the recipes so I have enough for both my husband and me should be no problem, and, after I showed him some of the photos, he was excited about doing the plan with me. (Even though he's not vegan, he eats all the vegan meals I make.) Starting with Week 4, the breakfast smoothie recipes repeat, but this won't be a problem for me since there is so much variety with the smoothie recipes. When she does repeat them, she also provides a list that includes the page number of where to find the original recipe. The recipes all rely on whole, unprocessed foods, and all are sugar-free. There are a handful that use things like Daiya cheese or tempeh bacon, but Ella lets you know that you can leave these out. At the beginning of the book is a master pantry list of staples you should have. Some items -- like chia seeds, hemp seeds, almond butter, etc. -- may be new to you if you're not used to stocking your kitchen with superfoods, but you can find most of these items on ,

at your local Trader Joe's, or even at your local big-box grocery store. They're all easy-to-find ingredients. As you can also see from the attached photo, Ella also provides a workout plan to follow. She gives you three pages of notes about what kinds of exercises you might want to do for each day. If you're new to exercising, you'll have to go through the extra step of looking up any moves you don't know, but you could also rely on workout DVDs, which is what I plan on doing since I have a lot in my collection. (If you need suggestions for workouts, leave me a note in the "comments" section, and I'll get back you with ideas. :-)) Overall, I'm really excited about starting this! As I mentioned, I own the Tone It Up vegan meal plan, but it's a bit overwhelming to find recipes. I also recently ordered Dr. Mary Hyman's sugar detox book, but most of the entrees called for meat, so I sent it back to . I'm excited to have a meal plan that is healthy, sugar-free, and nutritious and that caters to plant-based eaters. If you're not plant-based, this is a great way to try out this kind of eating, and at the end of the book Ella also offers suggestions for ways to re-introduce some of your favorite foods back into your overall way of eating. I will be sure to post back with my results as I use this plan. I think it's just what I need to get my eating in check, and the recipes are ones that I'm excited to make!

UPDATE ON 12-23-15: I'm on the third day of this plan, and I'm already seeing results in that my pants are looser. I've also noticed, however, that I need a few more whole grains in my diet than the plan allows, so today I had my usual oatmeal breakfast before working out since the morning smoothie wasn't enough to power me through my kickboxing workout. So far, the recipes have all been delicious! Even if you don't follow the plan to a "T," as I may not, the recipes are great to add in to your regular eating schedule. I'm always on the hunt for healthy vegan lunches, and the soups and salads from this are perfect to make ahead for the work week. Also, when I bought groceries this week, I spent about \$35 more than I usually spend, but that's because I decided to get all organic produce at my local Trader Joe's; also, my husband and I usually spend about that much on one take-out meal each week, so the cost is about the same as what we usually spend each week on food. I'm loving the recipes so far!

UPDATE ON 3-14-16: I emailed Ella this past weekend to ask if it was OK to mix and match recipes between weeks. She said that mixing and matching is OK, as long as you stick to the overall guidelines of the plan. She also put the plan together to make it easier to shop each week since some of the ingredients can be used for multiple recipes and to make sure that each week has meals that are balanced in terms of their nutrition, but said that it's fine to mix things up if that makes the plan more do-able.

I just received my book yesterday and I am very impressed. I found out about Ella through the recent No Meat Athlete bundle -- she had included an ebook with the bundle. I love that the meals

are labeled by type so that you can mix and match based on what's seasonally available, local sales, etc. I plan on mixing and matching and not sticking to the exact 6 week plans. The meals look easy and delicious. Some of the ingredients are a little less common (maca, chia seeds, etc.), but they happen to be things I always have on hand. Very happy I purchased this and plan to use the smoothie and salad recipes a lot.

I'm at the end of week 1 of the meal plan. The recipes are so easy to follow. This might be the easiest cookbook I've ever used and every recipe I've made is delicious and healthful. I especially like the cauliflower soup. I was looking to do a whole foods plant-based (WFPB) meal plan this year, particularly doing a smoothie for breakfast, salad for lunch and a healthful dinner. This book fit the bill completely! I have swapped a few meals here and there (like switching dinner on Monday and Tuesday) and made a few recipe edits (like making a lentil soup instead of split pea because I had lentils on hand). The meal plans outlined make it easy to do this without really feeling like you are going off-plan. This book also includes an exercise plan which I'm somewhat following on some days, but I'm focused on the food. I've already lost a few pounds! Looking forward to slimming down more over the next few weeks and to learning some new recipes to add to my regular rotation. I plan to update my review after a few weeks.

This book is full of simple, easy to follow and delicious recipes, with shopping lists included. Great for people like me who want to eat healthy (whole foods and plant based) but who aren't fond of cooking. Ella really has done the work - you just have to follow directions. Love the book!

I Just Started the program, so I've only done week one I have to tell you the recipes are amazing!!!! Simple and easy to make, but did I mentioned??...delicious!!! I have to admit that at first I freaked out a little about the amount of fat on some of the recipes, mind you that all are healthy fats, but nonetheless fat...Well, I got a one-one strategy phone session with Ella and she helped me a lot and put my mind at ease. She was very easy to talk to and very encouraging. can't wait to continue on this journey!!!

I don't normally write reviews, but I'm so obsessed with this book I had to! I have loved every recipe I've made out of this book, and love that the ingredients are all plant based whole foods. My boyfriend who is not plant based even loves these meals! This is a well put together plan, and the meals are very filling. I feel so healthy after every meal!

I've only been doing the meal plan for less than 2 weeks, and I love it! I've been eating a vegan diet for about a year now, and although I wasn't a junk food vegan, I've been having a hard time losing belly fat. The recipes in this book are delicious and easy to make. I am a creature of habit and work 50 hours/week, so it's been impossible for me to do all the recipes for the week, so I tend to repeat my favorites to save time, (like the color me bad copped salad... I could eat that every day). I feel so much better cutting out the processed crap. I'll update my long term results later, but I will definitely be following this plan for more than 6 weeks. I feel satisfied and have had no issues with hunger. The only con (at least for me) is that she uses avocado almost every day. I'm allergic to avocados, so I substitute when possible (usually with hummus) or just use another meal. But if I love avocados, this would be a plus!

I have to say that this book is amazing so far. I've only skimmed thru it and picked a couple of recipes and smoothies. You have to try the "Cinnamon Bun Smoothie". As a person that's always on the go I enjoy how quick and simple these recipes are. I can't wait to try them all!

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