



ZonePerfect Cooking Made Easy: Quick, Delicious Meals for Your Healthy Zone Lifestyle

Gloria Bakst, Mary Goodbody

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- Jennifer Aniston, Madonna, Christie Brinkley, and Lorraine Bracco are among the celebrities and world-class athletes who have publicly sworn by the Zone diet for years
- Gloria Bakst is known for preparing the easiest and best-tasting Zone recipes
- Books about the Zone have sold more than 5 million copies

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