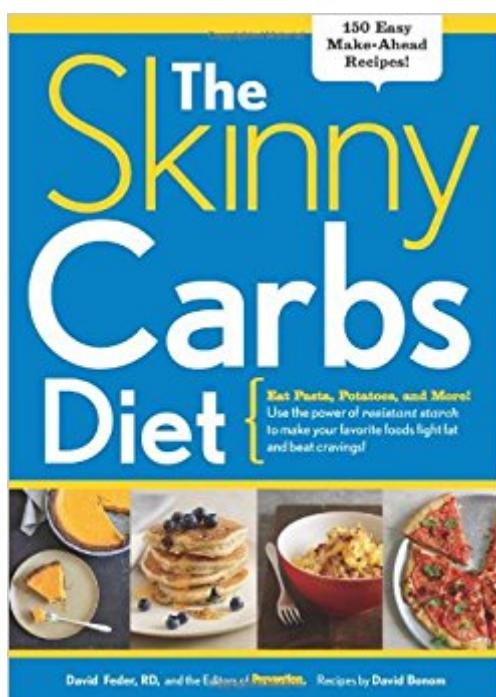


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# The Skinny Carbs Diet: Eat Pasta, Potatoes, And More! Use The Power Of Resistant Starch To Make Your Favorite Foods Fight Fat And Beat Cravings



## Synopsis

The first cookbook to capitalize on the fat-blasting, health-boosting benefits of resistant starchAfter years of being relegated to the dietary sidelines, carbohydrates are making a comeback. Nutrition research shows that carbs have their place in a sensible eating planÃ¢â€”and a certain kind of carb, known as resistant starch, may even enhance the body's natural fat-burning power.Resistant starch delivers fewer calories per gram than regular starches while increasing post-meal satisfaction. It may also improve blood-sugar control, lower cancer risk, and foster healthy digestion.Carb Lover's Diet Cookbook provides the necessary tools and tips to make the most of resistant starch, including:-the best food sources of resistant starchÃ¢â€”potatoes, bananas, breads, and more-complete instructions for cooking with resistant starch (cooling foods before serving is key)-150 recipes featuring resistant starch ingredients

## Book Information

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Best Sellers Rank: #993,428 in Books (See Top 100 in Books) #92 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Potatoes #549 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #1775 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

## Customer Reviews

DAVID FEDER, RD, has been teaching, counseling, and consulting in food science and nutrition for almost 20 years. He resides in Chicago.PREVENTIONÃ® is the #1 healthy lifestyle brand and the largest health magazine in the United States, with a total readership of nearly 11 million.

After reading the few informative pages about the biological effects of "resistant starch", I decided to just buy Hi Maize starch and fill empty capsules with the powder ( I bought the capsules on ). Forget about all those recipes; just take four capsules with every meal of your choice and you won't believe

that you will lose weight, or at least not gain any if you just eat regular foods. I tested this for the last month, eating things that I don't usually eat like pizza, pasta, and apple pie and took three or four capsules with everything I ate. First of all I felt very full and satisfied with less food, and had no digestion issues eating the wheat items. The capsules are easy to fill- I looked it up on YouTube. The Resistant Starch really works. The brand I use is Honeyville; also bought on .

I have had this awhile, as I seem to collect a lot of "diet" books. But this one I went and reviewed after reading another book along this line dealing with fiber in the diet. The other was WAY TOO RESTRICTIVE in carbs, and just not practical, but this one has so much good ideas for getting in the RIGHT type of fiber, that actually aids in weight loss. I have been following 1200 calories most days, and am fully satisfied with my meals, don't go hungry at all. I bought a bag of resistant starch from , and incorporate it into my meals every day for that type of added fiber that fills you up and resists digestion. This book also has ALOT of recipes that are good!

I really needed an education on carbs-this was it for me-I like the science behind it-Now I can enjoy my carbs(I'm a carb addict..) and do my body some good, being diagnosed as "pre-diabetic", with high cholesterol! It's not a magic wand but it's a start...I recommend it to anyone who is struggling with those health issues-the great thing is-My cravings have been seriously thwarted!

I've purchased (3) of these books and gave two for gifts. Very informative book and a whole different approach to losing weight. Not as restrictive as those where one counts calories or carbs to lose weight.

good recipes but not with stuff I normally purchased. Elaborate dishes that my kids won't eat.

Fast service, no problems.

This book has some good recipes but I haven't had much success in losing weight.

It had a few recipes that my husband would eat. I wish it had more recipes that were more everyday. But all in all it did give me very helpful hints and ideas.

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your favorite foods fight fat and beat cravings Resistant Starch: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut Book 1) Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE! (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat) Low Carb Pasta Noodle: 10 Low Carb Faux Pasta Noodle Recipes: Satisfy Your Pasta Cravings Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Resistant Starch Cookbook: Restore Your Health, Heal Your Gut, and Lose Weight Fast While Eating the Foods You Love! (dozens of recipes with pictures and a 28 day meal plan) The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results (atkins diet, low carb, mayo clinic diet, whole 30, ... diet, dash diet, paleo diet, weight loss) The Healthiest Diet on the Planet: Why the Foods You Love-Pizza, Pancakes, Potatoes, Pasta, and More-Are the Solution to Preventing Disease and Looking and Feeling Your Best 14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight. Homemade Pasta Made Simple: A Pasta Cookbook with Easy Recipes & Lessons to Make Fresh Pasta Any Night Healthy Pasta: The Sexy, Skinny, and Smart Way to Eat Your Favorite Food BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know \*\*BONUS\*\* 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) Summary - Eat Fat Get Thin: By Mark Hyman - Why the Fat We Eat Is the Key to Sustained Weight Loss... (Eat Fat, Get Thin: A Complete Summary - Book, Paperback, Audiobook, Audible, Hardcover,) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Dana Carpender's NEW Carb and Calorie Counter-Expanded, Revised, and Updated 4th Edition: Your Complete Guide to Total Carbs, Net Carbs, Calories, and More The South Beach Diet:

Good Fats Good Carbs Guide - The Complete and Easy Reference for All Your Favorite Foods,  
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