



The CarbLovers Diet: Eat What You Love, Get Slim for Life!

Ellen Kunes, Frances Largeman-Roth

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The editors of *Health Magazine* (and top nutrition scientists) have big news: *Eating carbs is the best way to get and stay slim*. Breakthrough research revealed in this book shows how certain carb-rich foods-especially those with the amazing natural ingredient called Resistant Starch-act as powerful metabolism boosters and appetite suppressants. Rather than making you fat and bloated, as decades of low-carb diet gurus claimed, CARBS make you thin. They shrink fat cells, especially in your belly; boost fat burning; increase muscle mass; curb cravings; keep you feeling full longer than other foods; control blood sugar, and lower cholesterol and triglycerides!

Health Magazine, the expert when it comes to healthy living, takes this revolutionary new science and turns it into an easy-to-follow, real women-tested, dietitian-approved road map proven to *melt off 10, 35, even 100 plus pounds forever*. Our test kitchen chefs and registered dietitians also developed 85 delicious, simple recipes and foolproof meal plans that help you lose weight while you enjoy the foods you've craved for years.

Phase 1 of *The CarbLovers Diet* eases you back into a world of yummy, satisfying meals and snacks, while dropping weight-especially belly fat-fast and permanently. Phase 2 is nothing short of life-changing: Dieters savor generous portions of their favorite foods (think steak and potato dinners, French toast for breakfast, sandwiches dripping with cheese, chocolate torte for dessert)-while their clothes get loose, their skin glows, their energy soars!

Bottom line: *CarbLovers* shows you how to eat your favorite carb-filled foods-and helps you get thinner and happier than you ever imagined. We've included fun-to-follow eating rules, tricks and tips, grocery lists, and amazing recipes anyone can make, enjoy, and share with others. Don't feel like cooking? No problem. We've got hundreds of quick bites, frozen foods and restaurant menu items too. Get ready to feel satisfied, happy, and oh-so-slim. Get ready for your fabulous new life as a CarbLover!

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