



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!

David Feder, Editors of Prevention, David Bonom

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The first cookbook to capitalize on the fat-blasting, health-boosting benefits of resistant starch.

After 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 plan--and a certain kind of carb, known as resistant starch, may even enhance the body's natural fat-burning power.

Resistant starch is no ordinary starch: It 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.

The Skinny Carbs Diet provides the necessary tools and tips to make the most of resistant starch, including:

- the best food sources of resistant starch--potatoes, bananas, breads, and more
- complete instructions for cooking with resistant starch (cooling foods before serving is key)
- 150 recipes featuring resistant starch ingredients

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Precisely why? Because this 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! is an unordinary book that the inside of the e-book waiting for you to snap it but latter it will surprise you with the secret this inside. Reading this book alongside it was fantastic author who write the book in such wonderful way makes the content on the inside easier to understand, entertaining method but still convey the meaning entirely. So , it is good for you for not hesitating having this anymore or you going to regret it. This excellent book will give you a lot of positive aspects than the other book include such as help improving your talent and your critical thinking way. So , still want to hold off having that book? If I were you I will go to the guide store hurriedly.

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