



# **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, The Editors of Prevention Magazine, 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 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 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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**From reader reviews:**

**Bob Bartlett:**

The book *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* has a lot of information on it. So when you make sure to read this book you can get a lot of benefit. The book was published by the very famous author. The author makes some research just before write this book. That book very easy to read you can get the point easily after reading this article book.

**Henry Howell:**

Your reading 6th sense will not betray anyone, 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* guide written by well-known writer who knows well how to make book which can be understand by anyone who have read the book. Written with good manner for you, leaking every ideas and publishing skill only for eliminate your own personal hunger then you still skepticism *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* as good book but not only by the cover but also by the content. This is one guide that can break don't ascertain book by its cover, so do you still needing one more sixth sense to pick this specific!?! Oh come on your studying sixth sense already alerted you so why you have to listening to an additional sixth sense.

**Andrew Leavens:**

Is it a person who having spare time subsequently spend it whole day simply by watching television programs or just resting on the bed? Do you need something new? 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* can be the reply, oh how comes? The new book you know. You are therefore out of date, spending your free time by reading in this brand new era is common not a nerd activity. So what these books have than the others?

**Isaac Lewis:**

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