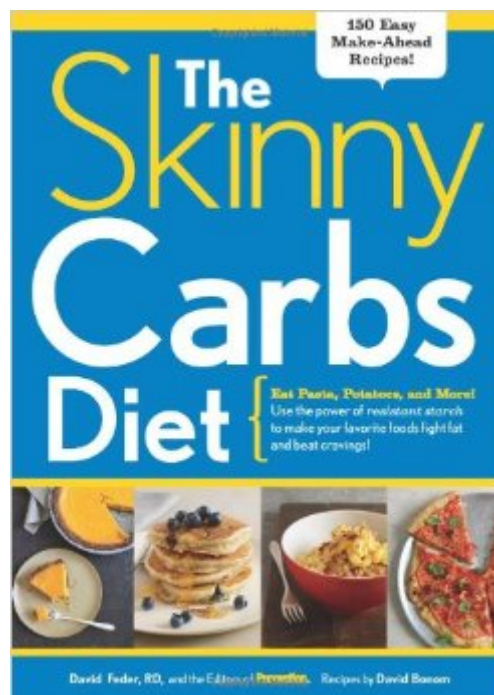


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# The Skinny Carbs Diet: Eat Pasta, Potatoes, And More! Use The Power Of Resistant Starch To Make Your Favorite Foods Fight Fat And Beat Cravings



## Synopsis

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

## Book Information

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## Customer Reviews

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 .

This book changed my life! Let it change yours! Watch ten pounds go flying out the door and have fun. No more empty stomach or cravings. Mr. Feder truly understands the chemistry behind eating to lose weight and designed terrific recipes! The hardest thing for me when dieting or - even when I am not dieting- is planning menus! He does that for you - it is like having your own chef! I hope that there is a Skinny Carbs Two soon that follows and maybe more recipes! No one should be without this book - it is the single most user friendly diet book I have seen.

This book uses the theory of resistant starch. It is supposed to resist breakdown in the upper digestive track. This is basically a six week plan. There are enough recipes contained to sustain you for these six weeks and a chart with menus for that time. There are 3 phases to the diet and they are well explained, with adequate information given to explain what resistant starch is and what it is supposed to do for you. Each recipe gives the amount of resistant starch, the prep time, total time and calories and dietary information. The recipe sections contained are: breakfast, soups, sandwiches, salads, side dishes, meat, poultry and seafood, vegetarian entrees, snacks and desserts. The ingredients for the most part are normal ones with the addition for many, of hi-maize resistant starch, which you can get easily on line at many reputable sites. There are appealing recipes that include lasagna, muffins, and chocolate chip oatmeal cookies. Two members of our family have tried this diet, and had success even with out adding hi-maize resistant starch. It's an idea to try especially if you want to keep some carbs in your meal plans.

I have had this awhile, as I seem to collect alot 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 aides 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 restant starch from , and incooperate 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!

If you are buying this book because you want to learn about the nutrition and chemistry aspects of Resistant Starch, then this is the book for you. However, if you are buying it because you want more recipes with RS, don't bother UNLESS your local grocery store has Hi-maize high fiber flour. If you

can't get that locally, then you can ask Whole Foods to special order it for you, but they require you buy a case of the stuff. Otherwise, you can order 3lbs for \$10 + shipping from the manufacturer, but that doesn't exactly help you make anything when you get the book. Either order the hi-maize before the book, or be disappointed, because there are VERY few recipes in this book without the hi-maize. You're better off with "The CarbLovers Diet" book. It has fewer recipes, but at least you can get most of the ingredients at your local supermarket, whether you are in a big city on the East Coast, or just in a normal city out in the Heartland or Plains States. Don't get me wrong, the recipes look great, but I honestly can't evaluate them because I haven't been able to get the hi-maize to be able to try them, and yes, I'm frustrated. The info on RS and how it works is really good. I learned a lot, but that doesn't help with the recipes.

I enjoyed the information provided about resistant starches, including the studies that were cited. However, I don't agree at all with his recipe and food suggestions. They are filled with low fat or no fat ingredients, despite the fact that foods like this often dramatically increase sugar to compensate. Egg whites or egg substitutes are another recommendation that I can't get on board with. I would rather eat whole, real foods! He seems to have missed the memo that healthy fats are an important part of any diet. In fact, one study has found that the way to get the most RS from rice is to cook it in coconut oil and allow it to cool for a good 12 hours. Which brings me to my other point....I also don't understand having many of his recipes served hot with out even mentioning that the amount of resistant starch will increase dramatically if you thoroughly chill the food. In summary, I thought there was some helpful information in the book and I totally believe that adding resistant starches to your diet is a great recommendation. However, I believe the author fell short with some of his strategies for a healthy diet and getting more RS in it.

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