



The CarbLovers Diet Cookbook: 150 delicious recipes that will make you slim... for life!

Frances Largeman-Roth, Ellen Kunes

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From the *New York Times* Best Seller, *The CarbLovers Diet*, comes a follow-up cookbook with 150 quick, easy and totally yummy carb-filled recipes that will fill you up and melt off pounds--up to 6 pounds in just 7 days and 12 pounds or more in a month.

Enjoy the delicious carbs you love--and still lose all the weight you want...and keep it off! *The CarbLovers Diet Cookbook* features 150 brand new, quick, easy and totally yummy carb-filled recipes that will fill you up and melt off pounds. In addition to more delicious recipes, this cookbook includes over 300 CarbLovers-approved food items to grab-and-go, 10 special menus that help you prepare amazing CarbLovers meals for the holidays or gameday, PLUS exclusive recipes by carb-loving celebrity chefs like Guy Fieri, Cat Cora, Gail Simmons and Wolfgang Puck! No need to count calories or ever feel hungry: all CarbLover recipes are packed with Resistant Starch, the wonder carb that increases fat-burning while keeping you feeling full all day long. Our recipes are dietitian-approved and good for your heart as well as your hips. Enjoy comfort foods like pasta primavera, cheesy stuffed potatoes and the amazing CarbLovers Club Sandwich! The CarbLovers Diet is the only plan you'll ever need to help keep the pounds off--and *The CarbLovers Diet Cookbook* is the recipe collection that will keep you full and satisfied for life!



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Kathryn Patterson:

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Kenneth Armstrong:

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