



The CarbLovers Diet Pocket Guide: The Quick & Easy Way to Lose 15, 35, 100+ lbs and Never Feel Hungry!

Ellen Kunes, Frances Largeman-Roth

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Finally-a fast, fun, totally updated guide to *The CarbLovers Diet*, from the experts who brought you the blockbuster plan that's revolutionized the way Americans lose weight! This pocket-sized resource is a diet must-have--even for *CarbLovers* fans who've reached their weight-loss goals. It features:

- 200 new resistant starch foods, plus delicious substitutions
- 50 new Quick & Easy recipes
- A 28-Day Diet Plan guaranteed to work
- Everything you need to know to find *CarbLover*-approved foods in your grocery store
- A step-by-step guide to eating the *CarbLovers* way in restaurants
- Insider advice from *CarbLovers* experts and nutritionists
- Tips from real *CarbLovers* dieters who've lost 50 pounds or more!

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Katie Barry:

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Edwin Ball:

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