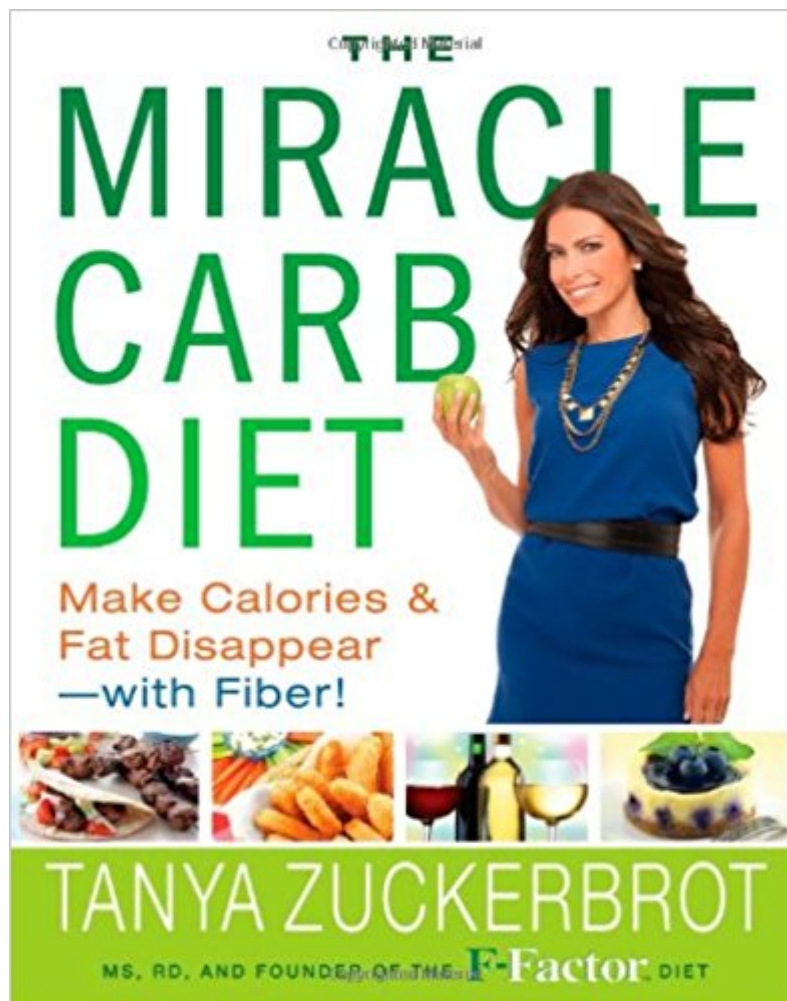




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# The Miracle Carb Diet: Make Calories And Fat Disappear--with Fiber!



## Synopsis

Eat More. Weigh Less. Live Longer. Celebrated nutritionist Tanya Zuckerbrot knows that when it comes to losing weight, addition is better than subtraction. Her secret? Add the Miracle Carb to your diet so you don't need to subtract delicious, satisfying foods. The Miracle Carb is dietary fiber, and chances are you don't get the recommended daily requirement, even if you're eating a healthy diet. Tanya introduced the world to fiber with the F-Factor Diet, and thousands of people have lost countless pounds, improved chronic conditions like diabetes, and gained more energy and vigor for living. And they did it all without sacrificing their lifestyles or the foods and drinks they love. With The Miracle Carb Diet, Tanya is making it easy for you to jump right into living life the F-Factor way. This not just an eating plan; it is a simple and effective action plan for achieving your best self without disrupting your best life. Tanya's here to help you lose weight fast, and then keep it off! You'll discover:- The four easy stages of the Miracle Carb Diet-you could lose up to 12 pounds in the first month!- Suggested fiber-rich foods and menu plans ideal for each stage, plus recommendations for eating out and enjoying cocktails from day one.- More than 100 original recipes and shopping lists and templates for journaling for better results.- Tanya's inspiring anecdotes, case studies, and tool kits for defense against specific food cravings and obstacles, plus super sidebars, tips, tricks, and more to help motivate and inform. The Miracle Carb Diet is a life-changing plan that's enjoyable, flexible, and doable, based on Zuckerbrot's extensive clinical experience as well as her in-depth knowledge of cutting-edge food and nutrition science. So go ahead and raise a glass to the Miracle Carb Diet (yes, you can enjoy that wine guilt-free) and celebrate the miracle of fiber that lets you eat more, weigh less, and even add years to your life.

## Book Information

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## Customer Reviews

"Tanya Zuckerbrot has written an engaging book that is life-changing and transformative. She proves you can still enjoy cocktails and fine dining while losing weight! Her practical wisdom provides a road map to a better life." [Drew Nieporent](#), restaurateur/owner of Nobu, Tribeca Grill, Corton  
"Until I met Tanya, I did not realize how much fiber was lacking in my diet. I've lost weight and now keep it off by living by her simple mantra: Eat fiber and protein at every meal and losing weight is no big deal." [Rachel Roy](#), fashion designer

Tanya Zuckerbrot, MS, RD completed her a master's degree in nutrition and food studies at New York University, graduating with honors. For more than a decade, she has run a successful practice in New York City and has already published an top-10 best-seller: *The F-Factor Diet: Discover the Secret to Permanent Weight Loss* (Putnam, 2006). In 2010, Zuckerbrot partnered with The Hain Celestial Group Inc. -- a natural and organic food and personal care company -- to produce an "F-Factor" food line based on her fiber-rich food techniques. Zuckerbrot is an accredited member of the American Dietetic Association and the Greater New York Dietetic Association. She is also a member of Nutrition Entrepreneurs, Dietitians in Business and Communications, and Weight Management Dietetic Practice Groups.

Love this book and diet as carbs are my enemy. Losing inches quickly and always full/never hungry on this diet. This is now my new lifestyle vs a diet because it is so easy to follow and adapt to in everyday life. I carry the high fiber crackers everywhere I go and order the crackers from Walmart "online" - not found in their stores. The crackers are not expensive and you will need to order a case because Tanya uses them in all here recipes. TIP-these crackers also can be purchased as "granules" online at another website (just search it and it will come up). Be sure to shop prices as they vary. The granules are convenient to have (I order 6 bags at a time) because unless you have a powerful blender (i.e. Vitamix) or a food processor chopping up the crackers will be a small task. I love this book as it has recipes, log sheet to copy/use, examples of daily menu to follow, info to contact her if needed. I am a nurse practitioner and always focused on healthy lifestyle/weight. Not sure why this diet was not made more public because it works and is sustainable. I recommend it to my patients, family, and for my own personal use. Give it a good try - at least 4 wks to see some

results. Ladies need to take all their "measurements" before the start of this diet because women may lose inches before wt (don't get depressed if the scale doesn't move for the first couple of weeks because your clothes may be the first noticeable area of weight loss). I have more energy, stamina, feel great in the morning, NEVER ANY CONSTIPATION, and never hungry. Give it a try as you have nothing but weight to lose! Walking Girl

I found this book easy to follow. I lost 7 lbs in the first 2 weeks following very closely the menus suggested. Now I am much more careful at the grocery store and have a better understanding of what I should eat and how to get by with just the same amount of food but better choices to lose weight at the same time. The book was also helpful at what to look for in reading food labels and what really works for me.

I really love this book. I have a lot more energy and my stomach is flatter in a relatively short period of time. Plus I'm not grazing in the kitchen at night for unhealthy foods; great, sustainable way of eating. Highly recommend!

My primary care provider (PCP) told me that I was prediabetic, I was totally unprepared for that. There are no diabetics in my family, so I mistakenly thought I had nothing to worry about in that area. I was sadly mistaken and discovered that being obese has a lot to do with that. So, when she put me on a "Low Glycemic Index Diet", I was totally ignorant about watching carbs. I had been successful on Weight Watcher, and lost 70 pounds at one point. But, I wasn't educated in carbs and fiber, etc. I was totally confused and searched several places to help me figure out how to buy the proper foods, how much of it I can eat, etc., etc., etc. I saw this book on the web and saw that it explained the diet, shows menu planning, grocery lists, etc. It helped me out of my confusion. I am a happy shopper and meal planner. And, the recipes are delicious. I wish I had known about this a long time ago.

As an older person with a slower metabolism, I found it easy to lose weight and keep it off. Anyone who's serious about losing weight should buy this book and follow the diet.

Zuckerbrot's book has problems. The recipes are often vague about ingredient measurements and she give no clues to equation between actual gram counts and her count for journaling. And some of the recipes are complete busts. I don't believe the author really likes food! BUT her insistence on

fiber has changed my life. I lost 20 pounds almost a year ago and have had no problems keeping them off. Zuckerbrot charges her New York clients \$10,000 for her guidance and advice. In contrast the book, if you follow it attentively, has everything in it to make a difference in your own life. Compared to the time, expense and probably failure with Weight Watchers, a second best for losing weight, The Miracle Carb Diet is a winner.

a good consideration for increasing fiber into our diets. Not sure about weight loss but I do believe it is a step in the right direction. All the fiber will add to our best general healthy

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