

[PDF] The Miracle Carb Diet: Make Calories And Fat Disappear-with Fiber!

Tanya Zuckerbrot - pdf download free book

Books Details:

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Description:

Review "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 did the impossible-she helped me clean up my diet, lose weight and feel healthy, without giving up occasional indulges in candy." (**Dylan Lauren, founder of Dylan's Candy Store**)

"When it comes to no-nonsense dieting, Tanya's got the steak and the sizzle. I'm a satisfied client and huge fan because it works without compromising my lifestyle." (**Donny Deutsch, advertising executive and TV personality**)

About the Author 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 Amazon 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.

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