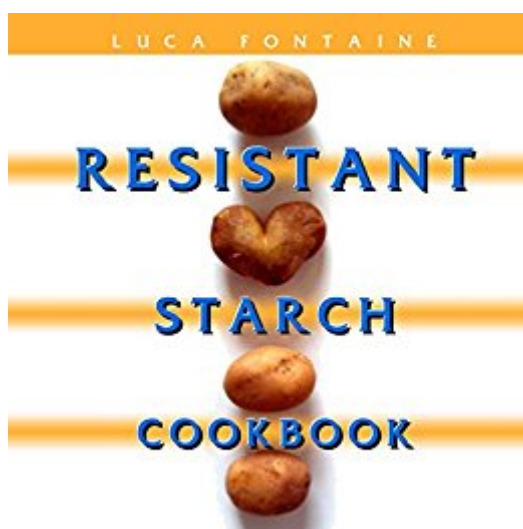


The book was found

# Resistant Starch Cookbook: Restore Your Health, Heal Your Gut, And Lose Weight Fast While Eating The Foods You Love! (dozens Of Recipes With Pictures And A 28 Day Meal Plan)



## Synopsis

Dozens of recipes with photos + a 28 day meal plan for the Resistant Starch Diet! **REGULAR PRICE: \$14.99 | LIMITED TIME PROMOTIONAL DISCOUNT** The latest research has confirmed what a small group of healthy and fit people have known for decades: the secret to losing weight, maintaining a healthy gut, and feeling great is the Resistant Starch Diet! The resistant starch diet hasn't enjoyed the flash of Atkins and South Beach, or the trendiness of the Whole Food movement. In fact, for a long time resistant starches like potatoes have had a bad reputation when it comes to weight loss. But that was then, and this is now. The evidence has become undeniable: the Resistant Starch Diet can help you control blood sugar and drop excess fat fast! It has also been shown to provide a dramatic boost to immune system effectiveness, reduce hunger pangs, increase energy levels throughout the day, and increase longevity by reducing risks of major chronic illnesses like diabetes and heart disease! Not just about potatoes anymore! One of the common complaints about the Resistant Starch Diet is that you have to eat boring potatoes or nasty unripe bananas day after day after day. Not anymore! Eating bland and weird food might be one way to follow the rules of the resistant starch diet, but let's face it: if a diet isn't enjoyable, sooner or later it becomes impossible to stick to. Don't set yourself up for failure! Grab this Resistant Starch Cookbook now and learn the many delicious possibilities you could have for dinner tonight! The Resistant Starch Diet can be fun and easy to follow, but only when you know the right recipes! For less than the cost of visiting a fast food restaurant, you can get your hands on dozens of tasty resistant starch recipes in this cookbook. Every recipe is easy to make, requires no significant cooking expertise, and **INCLUDES A PHOTO FOR EACH AND EVERY MEAL IN THE BOOK!** A complete 28 day meal plan! World renowned diet and nutrition expert Luca Fontaine has hand-picked his favorite recipes that he has mastered in his own kitchen, taught to chefs around the world, and that have earned rave reviews from diners on every continent of the planet! Simply start at day 1 and follow the included meal plan for 28 days. Each day includes an amazing breakfast, satisfying lunch, mouthwatering dinner, and even a delicious snack – one every single day! Enjoy some of the best meals of your life all while maintaining a Resistant Starch Diet, losing weight, and feeling great! Don't miss out! Make a small investment today in your health and well-being, as well as the health and well-being of your family!

## Book Information

File Size: 1515 KB

Print Length: 146 pages

Page Numbers Source ISBN: 1535380292

Simultaneous Device Usage: Unlimited

Publication Date: July 18, 2016

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B01IPY5VZ6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #366,363 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #23

inÃ Â Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > U.S.

Regional > Midwest #99 inÃ Â Books > Cookbooks, Food & Wine > Regional & International >

U.S. Regional > Midwest #194 inÃ Â Kindle Store > Kindle eBooks > Cookbooks, Food & Wine >

Special Diet > Low Fat

## Customer Reviews

This book was exactly what I was hoping to find, but hadn't been able to when I looked online! This cookbook contains a thorough collection of delicious recipes that use many different tasty and fresh ingredients that are all fully allowed by the rules of the resistant starch diet. I've been losing 5-6 pounds per week consistently since I started this diet. It is a diet that really works and knowing I have so many tasty recipes at my fingertips gives me the motivation to stick with it! Nothing in the book is too hard for me to cook, which is important because I'm not the greatest cook in the world. The ingredients are easy to pick up from my local grocery store (nothing too exotic or difficult to find), and the directions are clear and easy to follow. There is a picture of every recipe so you know what the meal should look like and how it can be served in an attractive way if you are cooking for someone else. I'm glad I found this book. This diet has been the one that worked for me and I'm going to order a couple more paperback copies to give as gifts this Christmas.

Eh...The chapter which explains 'Resistant Starch' was the best part of the book. I had to re-read it several times to understand it (and I have a science background). The author outlines a diet to 'kick start' your skinny genes, but doesn't fully explain why you need to starve yourself before going on

this diet. I have never been a dieter, so maybe its just something that most people know and I don't. The author also provides a month of recipes. They all sound horrible and expensive to make. If you usually shop at Sprouts, you probably have all of the ingredients on hand. At any rate, I do have a slight understanding on how resistant starches can be used in eating for my diabetes. I'm glad that this book was free as I should be able to learn more for free on the internet

I LOVED these recipes! This book gives me a new found faith that I can stick to the RS diet. It is so great having some real variety in my meals again finally! I was suffering through the same dinner plans over and over and really wanting something new. I knew I wanted to stick with the RS diet though because it really does work, but sometimes it just seems so limiting. Glad I found this cookbook. Meals are totally based on RS and they are really delicious! RS doesn't feel like being on a diet at all when I can cook some of the amazing meals in this cookbook.

I read all about the important things to consider. Resistant Starch acts as soluble fiber and several studies show that soluble fiber supplements help in weight loss by increasing satiety and reducing appetite. RS has the same effect. RS also has fewer calories than regular starch. That is why you will end up feeling full with fewer calories and lose weight. This doesn't mean that RS is some magic potion that will help you lose weight quickly.

The resistant starch diet really does work. I know this because I've been on it for months and I've lost some serious weight. The problem with the diet is the relative lack of good recipes. And by good I mean recipes that TASTE good. For the first few months I was on the diet I really struggled to find meals that I could actually enjoy. I searched all over the internet and picked up a couple cookbooks but I was mostly dissatisfied with the recipes. It was becoming a real struggle to stick to the diet and I could feel myself getting discouraged and slipping back into old habits of eating poorly. This cookbook changed everything. It is loaded with recipes for every meal of the day. Each recipes has a picture and helpful instructions about how to make the meal so that even beginning cooks should have no trouble following the recipes. The book also has a 28 day meal plan that I just started a few days ago. So far the meal plan has been amazing! I love that I can just open the book and have a new, mouth-watering meal to make that will be healthy and help me lose weight. If I hadn't found this book I may have been off of the resistant starch diet by now. Even though the diet works, it can be hard to find good recipes. I'm glad I found this book when I did and I would recommend it to anyone. Even if you are new to the diet there is enough information at the start of the book for you to

understand the dos and don'ts of the diet. If you already understand the diet, then you have access to a collection of amazing recipes all with pictures and a 28 day meal plan.

I don't understand this book. It calls for heating the starch food. All other sources say that the starch in order to be resistant starch should be cold. Cold potatoes, cold beans etc..

This book opens with some good information. The recipes are poor and most lack significant resistant starch. There is not even nutritional info. Do not waste your money on this

very disappointed in this book. I already knew all the formal information from a quick study on the internet, I was hoping for more details. Recipes were okay but not great and not that many. Will now try to find a book with more details.

[Download to continue reading...](#)

Resistant Starch Cookbook: Restore Your Health, Heal Your Gut, and Lose Weight Fast While Eating the Foods You Love! (dozens of recipes with pictures and a 28 day meal plan) Resistant Starch: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut Book 1) Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance Meal Prep: Best Clean Eating Recipe Cookbook to Lose Weight and Feel Great (Meal Prep Cookbook, Meal Prep Recipe Book, Meal Planning, Meal Plan 1) Daniel Fast: 50 Plant Based, Whole Foods Daniel Fast Recipes+Daniel Fast Food List And Breakthrough Secrets (Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) Meal Prep Book: The Essential Cookbook To Weight Loss, Clean Eating And Staying Healthy, Meal Prep Guide For Beginners, Easy to Cook Recipes (Meal Planning, ... Batch Cooking, Plan Ahead Meals, Meal Plan) MEAL PREP: Guidebook and 100 Recipe Cookbook for Weight Loss (Healthy Eating, Meal Prep Cookbook, Meal Planning, Low Carb Diet, Freezable Recipes, Meal Plan, Batch Cooking) 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan

WITH PICTURES; Whole Foods Cookbook – Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH BLACK & WHITE PICTURES; Whole Foods Cookbook – Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Meal Prep: The Beginner’s Guide to Meal Prepping and Clean Eating, Easy to Cook Recipes for a Perfect Body (Weight Loss, Meal Planning, Low Carb Diet, Plan Ahead Meals, Meal Plan, Batch Cooking) MEAL PREP: The Beginner’s Guide to Meal Prep and Clean Eating for Busy People to Lose Weight and Save Time (low carb diet, clean eating, batch cooking, weight loss, meal planning, healthy cookbook) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Meal Prep Cookbook: Meal Prep Ideas for Weight Loss and Clean Eating, Quick and Easy Recipes for Healthy Meal Prep (Ketogenic diet, Low Carb Diet, Weight Watchers, Meal Prepping Book 2 ) Meal Prep: The Complete Meal Prep Cookbook for Weight Loss and Clean Eating, 101 Amazing Meal Prep Recipes for Weight Loss and Clean Eating Freezer Meal Recipes : Best 50 Delicious of Freezer Meal Cookbook (Freezer Meal Recipes, Freezer Meal Cookbook, Freezer Meal For The Slow Cooker) (Lisa Shanklin Cookbooks No.3) Meal Prep: The Best Meal Prep Recipes Cookbook for Preparing Clean, Delicious, and Nutritious Meals (Meal Prep, Meal Prep Cookbook, Meal Planning 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)