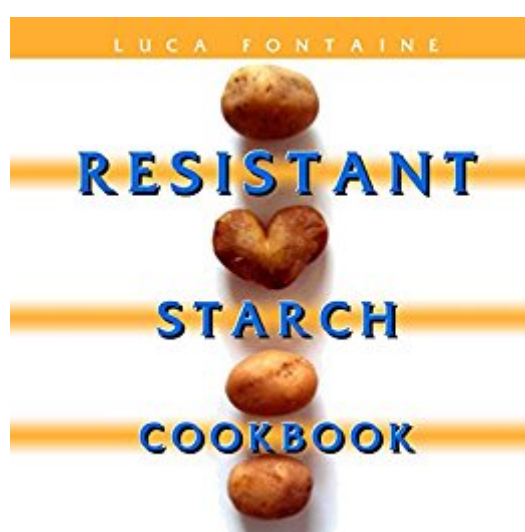


The book was found

# 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 â “ 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: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: #61,620 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #3 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Midwest #12 inÂ Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Midwest #27 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Fat

## Customer Reviews

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 recipe 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.

This book gives you an intensive comprehension of what a safe starch is. It likewise goes into subtle elements of the diverse sorts out there that go into our sustenance. I gained such a great amount from it particularly on the most proficient method to include more safe starches the day by day eating routine and how it can help on weight reduction and in bringing down cholesterol.

Recommended to all.

It was great to know what resistant starches can do to my body and honestly I didn't know it can serve me well. It was nice to know about carbs and fiber rich foods that can help my digestive system flow normally since I always have a difficult time taking a dump in most days. I've learned so much from this book and I believe this will keep me healthier!

This book doesn't only provide tasty, delicious and healthy recipes but also give one a better understanding of the resistant starch diet. Although I'm not indulged with the diet at the moment, I'm thinking of giving it a try. Plus it shouldn't be that hard since the recipes tasted great. It shouldn't feel like I'm on a diet. I'm still thinking though. Each recipe is a must-try or at least the ones I've tried. My favorite so far is the Almond Butter and Banana Toast. I'm a breakfast person and I loved it.

This is one of those few moments that I've heard about Resistant Starch Diet, and the info I got from this book is way beyond clear, they are exquisite. It is very well-researched, obviously, and well-discussed too. I also appreciate the chapter that explained the benefits of this diet very much because this is where I got all the additional learning as to why I have to make that change and go for this diet. And since it has been confirmed that "the secret to losing weight, maintaining a healthy gut, and feeling great is the Resistant Starch Diet," I really must have a go at this.

I absolutely loved The Starch Solution! The book was a fast and easy read. I found it very informative with factual information. I think everyone should read this book, as it is life changing and will most definitely change the world. I highly recommend this book!

This is my first time reading a book about resistant starch. I even searched what does that mean, and after reading this book, I understood what does resistant starch mean, and how it can help me to reduce weight and to be healthy. And as a bonus, there are a lot of tasty recipes on this book. I love the recipes about wraps, I love making wraps and they look so healthy, I am going to try that

soon. There are also steak and meat recipes which I could not even believe that are healthy. Great read.

This book shares what you can and you can't eat while in this diet. I also like the recipes presented in this book from breakfast, lunch and dinner. A 28 day meal plan is a bonus where you can rely to it which right food you choose. Resistant starch is a type of starch that isn't fully broken down and absorbed, but rather turned into short-chain fatty acids by intestinal bacteria. This may lead to some unique health benefits. To get the most from resistant starch, choose whole, unprocessed sources of carbohydrate such as whole grains, fruits, vegetables, and beans/legumes.

[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) 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 (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut) Good Gut: The Next Thing You Should Do If You Want to Heal Your Gut and Improve Your Intestinal Health (good gut guide, gut health, good gut diet) 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) Meal Prep: Amazing Meal Prep Recipes: Healthy Meals, Clean Eating, & Meal Prep for Weight Loss (Meal Prep for Weight Loss & Meal Prep Recipes) Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) 30 Days Grain-Free: A Day-by-Day Guide and Meal Plan for Beginning a Grain-Free Diet - Improve Your Digestion, Heal Your Gut, Increase Your Energy, Lose Weight, and More! Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Healthy Gut: How to Restore Gut Balance, Boost Metabolism, and Heal Your Gut Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book The Starch Solution: Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good! Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan,

Burn Fat, Lose Weight) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) Recover with GAPS: A Cookbook of 101 Healthy and Easy Recipes That I Used to Heal My ULCERATIVE COLITIS while ON THE GAPS DIET-Heal Your Gut Too! Ketogenic Diet: 21-Day Healthy Ketogenic Meal Plan To Get Lean And Lose Weight Fast As Hell- Tips For Low-Carb Ketogenic Diet (Beginners Weight Loss Food Cookbook, Parents Guide, Epilepsy Manual) 30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1)

[Dmca](#)