WE HAVE A VERY BIG, DELICIOUS (even fat-blasting!) announcement: There’s a new way to eat—and enjoy your favorite foods—that can zap off flab, curb cravings, keep you feeling satisfied, and help you get slim naturally. It’s based on groundbreaking research, which reveals that many beloved carb-filled foods will not make you fat. Instead, they can actually make you thinner. The secrets (and amazing recipes) are in Health’s eagerly awaited, first-ever diet book coming out on August 3: The CarbLovers Diet. Get a sneak preview on the next several pages—and start losing all the weight you want by eating what you love.
**Hot New Diet Book from Health**

The 7-Day CarbLovers

Drop pounds fast with this mix-and-match menu from the first week of our new diet. Get the expanded

WHAT'S THE DELICIOUS secret behind our plan? Eating carbs rich in Resistant Starch (RS), a type of carbohydrate that's getting lots of attention in scientific circles. It gets its name because it resists digestion; it isn't absorbed into the bloodstream in the small intestine like other foods, but it does create a chain reaction in your body. Studies show that RS can help ...

- **shrink fat cells, especially in your belly**
- **boost fat burning**
- **preserve muscle mass**
- **curb cravings**
- **keep you feeling full longer than other foods**
- **control blood sugar**
- **lower cholesterol and triglycerides**

Here's the best news of all: Foods with the highest RS levels are delicious, affordable, and satisfying. And they're part of each meal in our diet—for 1,200 (tasty!) calories a day during the Kickstart phase of our CarbLovers Diet plan.

**Make sure you follow the Kickstart for seven days only,** then transition to 1,600 calories a day on a long-term carb-loving plan like the one in *The CarbLovers Diet.* Test dieters have already found that this is a plan that really works.

So put your favorites back on the menu—and drop those extra pounds with us!

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**BREAKFASTS**

*Choose one breakfast from this list every morning.*

- Banana Shake: Blend 1 banana, 1½ cups 1% low-fat milk, 2 teaspoons honey, and ½ cup ice
- Banana and Almond Butter Toast: Top 1 slice rye bread, toasted, with 1 tablespoon almond butter and 1 banana, sliced
- 1 Kashi TLC Chewy Granola Bar and 1 banana
- ½ cup Fiber One cereal with ½ cup 1% low-fat milk and half a banana, sliced
- Banana Nut Oatmeal: Combine ½ cup rolled oats with 1 cup water and microwave at HIGH 3 minutes; top with 1 banana, sliced, 1 tablespoon chopped walnuts, and 1 teaspoon cinnamon

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**LUNCH**

*Choose one lunch option from this list every day.*

- Big Chopped Salad (recipe on page 58)
- Chicken Pita Sandwich: In a bowl, put 1 cup baby spinach, ½ cup sliced bell pepper, 4 ounces cooked boneless, skinless chicken strips; toss with 2 tablespoons low-fat Italian vinaigrette and stuff into 1 (6-inch) whole-grain pita, halved
- Express Lunch Plate: Have 1 large hard-cooked egg, 1 ounce cheddar cheese, 1 apple, sliced, and 3 rye crispbread crackers
- 1 Lean Cuisine Salmon with Basil entée; serve with 2 cups salad greens drizzled with your favorite fat-free vinaigrette
- 1 tuna or chicken salad kit (try a brand like StarKist or Bumble Bee), 1 medium pear, and 1 string cheese
Kickstart Plan

Kickstart and our entire plan with more menus and yummy recipes in The CarbLovers Diet.

DINNERS
Choose one dinner option from this list every evening.

• Black Bean Tacos (recipe on page 58)
• Chicken Pasta Primavera (recipe on page 60)
• Shrimp Stir-Fry with Ginger (recipe on page 60)
• 1 Amy’s Black Bean Vegetable Enchilada
• 1 Boca veggie burger on a toasted whole-grain bun topped with 1 teaspoon mustard; enjoy with 1 medium apple

SNACKS
Enjoy one snack from this list every day.

• Almond Butter Crackers: Top 2 rye crispbread crackers with 2 teaspoons almond butter
• Black Beans and Chips: Have 2 tablespoons canned black beans, rinsed and drained, and 8 corn tortilla chips
• Greek Yogurt Parfait: Top ¾ cup plain, low-fat Greek yogurt with 2 teaspoons honey and 2 tablespoons rolled oats, uncooked or toasted
• White Bean and Herb Hummus with Crudité: Combine ¼ cup canned white beans, rinsed and drained, with 2 teaspoons olive oil, 1 tablespoon chopped chives, and 1 tablespoon lemon juice; serve with ½ cup sliced raw vegetables
• Baked Potato Chips: Nosh on 24 chips (about 1 ounce)
• Trail Mix: Combine ½ cup corn flakes, 2 tablespoons sliced almonds, and 2 tablespoons dried cherries

3 Carb-Eating Fears to Conquer Right Now

1 | Carbs made me heavy in the first place! The fact is, they didn’t. Important research from big, multicenter studies uncovered this: Slim people eat the most carbs, and the heaviest people eat the least.

2 | I’m already eating way too many carbs! On the contrary, you’re probably carb-deficient! The marketers behind fad diets have done a nice job convincing people that they are eating too many carbs. In reality, most people eat too few of them—the right ones, at least. Consider that for good health and optimal body weight, the country’s top nutrition experts recommend that you get:
   > 25 to 35 grams of fiber (found primarily in carbs) a day; most people get fewer than 15.
   > at least 10 grams of Resistant Starch (found primarily in carbs) a day; most people get fewer than 4.
   > 5 to 9 servings of fruits and vegetables a day; most people eat fewer than 3.
   > 3 servings of whole grains a day; most people don’t get 1.

3 | So carbs are “in” now. What happens when they’re “out” and low-carb is back “in”? The nutrition-science community has always endorsed a carb-rich diet as the best way to stay healthy and slim. As for Resistant Starch? There are hundreds of peer-reviewed, published studies supporting its benefits for health and weight loss. The bottom line: Carbs may be “in” now, but they’re honestly here to stay.
Secrets of The CarbLovers Diet

These simple guidelines are your key to eating the foods you crave—and getting the body you want!

1 | Eat a CarbStar at Every Meal
High-in-Resistant Starch (RS) carbs are the cornerstone of this diet, and they are your secret to losing weight without hunger or cravings. RS is found only in carbohydrate foods. And The CarbLovers Diet maximizes your intake of RS (we recommend 10 to 15 grams every day) by sneaking at least one of the top RS-containing foods into every meal. We call these CarbStars!

> Bananas 4.7 to 12.5 grams of RS per serving (eat under-ripe bananas for even more RS)
> Oatmeal 4.6 grams of RS
> Beans and lentils 3.4 to 3.8 grams of RS
> Potatoes 3.2 grams of RS
> Whole-grain pasta 2 grams of RS
> Barley 1.9 grams of RS
> Brown rice 1.7 grams of RS
> Peas 1.6 grams of RS
> Rye or pumpernickel bread 0.9 to 1.3 grams of RS
> Polenta 1 gram of RS
> Potato chips 1 gram of RS

2 | Balance Your Plates
CarbStars should take up roughly one-quarter of your plate; the rest should be packed with great weight-loss boosters like lean meats, low-fat dairy products, healthy fats, and filling fruits and veggies.

3 | Be Portion Savvy
Here’s the deal on portion control: You can eat the carbs you crave at every meal. That said, you do need to follow our portion advice. The menus and recipes are all carefully designed to fill you up—until it’s time for your next meal or snack.

4 | Don’t Skip Meals
While lots of dieters take pride in their meal-skipping abilities, we don’t want you to skip—ever! You must eat regular meals daily in order to maintain your blood sugar level (and your energy) and keep hunger at bay.

I started CarbLovers for two reasons: I needed a diet that would allow me to cook (even bake!). And I needed to lose the 10-plus pounds I had gained during a recent move from Birmingham, Alabama, to New York City, where take-out food quickly became my new best friend.

CarbLovers taught me how to substitute healthier carbs for the junk I was eating. It was easy to swap my breakfast cereal for a banana with almond butter and oatmeal, but I was skeptical about other foods, thinking that lentils and quinoa would taste like cardboard. Wrong!

After following The CarbLovers Diet for two weeks, I got an unexpected benefit—energy! I could work nine hours a day and then hit the gym for a four-mile run, five times a week, without feeling exhausted afterward. I didn’t feel hungry, either, and I actually stopped craving sweets after every meal.

What’s more, I love that CarbLovers isn’t too strict. In fact, thanks to the plan’s flexibility, my weight is going down, my waist is shrinking, and my energy continues to skyrocket.
Great Recipes!

The 75-plus recipes in The CarbLovers Diet are made with easy-to-find, affordable ingredients, and most can be prepared in 20 minutes or less.

**Big Chopped Salad**

You can build this at any salad bar or make it yourself from ingredients you have at home. If you’re toting this salad to work, keep the greens crisp by storing the vinaigrette in a separate container. This salad provides nearly half of your daily fiber, thanks in part to the garbanzo beans.

**Prep:** 5 minutes  
**Total time:** 5 minutes  
**Makes:** 1 serving

- 3 cups mixed salad greens  
- ½ cup canned no-salt-added garbanzo beans, rinsed and drained  
- ½ cup shredded carrot  
- ¼ cup shredded red cabbage  
- 1 tablespoon grated Parmesan cheese  
- 2 tablespoons chopped walnuts  
- 2 tablespoons dried cranberries  
- 2 tablespoons low-fat balsamic vinaigrette

1. Combine the first 7 ingredients (through cranberries) in a large bowl.  
2. Toss with vinaigrette and serve.

**Serving Size:** 4½ cups  
**Calories** 390;  
Fat 14g (sat 2g, mono 2g, poly 8g);  
Cholesterol 5mg;  
Protein 15g;  
Carbohydrate 60g;  
Sugars 23g;  
Fiber 13g;  
RS 2.1g;  
Sodium 630mg

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**Black Bean Tacos**

With plenty of Resistant Starch, fiber, and protein, black beans are a dieter’s best friend. To save time, use prewashed lettuce and preshredded carrot.

**Prep:** 5 minutes  
**Cook:** 5 minutes  
**Total time:** 10 minutes  
**Makes:** 2 servings

- 1 (15-ounce) can black beans, rinsed and drained  
- 6 (6-inch) corn tortillas  
- 6 tablespoons shredded Cheddar cheese  
- 2 cups shredded Romaine lettuce  
- 1 cup shredded carrot  
- ¼ cup salsa

1. Microwave the beans at HIGH for 2 minutes or until heated through.  
2. Heat a nonstick skillet over medium heat. Add tortillas, one at a time; cook for 1 minute on each side.  
3. Divide the beans evenly among the tortillas. Top each with even amounts of Cheddar cheese, Romaine lettuce, carrot, and salsa.

**Serving Size:** 3 tacos  
**Calories** 420;  
Fat 8g (sat 5g, mono 0.5g, poly 1g);  
Cholesterol 25mg;  
Protein 18g;  
Carbohydrate 69g;  
Sugars 5g;  
Fiber 17g;  
RS 4.7g;  
Sodium 420mg

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“I lost weight on CarbLovers!”

Serena Tong  
**Age:** 28  
**Height:** 5’ 5”  
**Weight Before:** 137  
**Weight Now:** 127  
**Pounds Lost:** 10

I started CarbLovers because I was getting married, and I wanted to look my best in my curve-hugging, trumpet-style gown. But I needed to find a diet that I could sustain beyond my honeymoon. When I started The CarbLovers Diet, “starch” was a four-letter word. I’d tried low-carb diets before and kept the weight off for about a month, but I always gained it back.

During the first phase of CarbLovers, it took commitment to buy the whole foods listed in the recipes and actually cook. Eventually, I realized that many of the meals were simple enough for me to cook for dinner after a long day’s work. The biggest surprise on the diet was how full I felt when I began adding Resistant Starch–filled foods. Even during the first few weeks, I realized that I could eat less food and still feel full. It was hard to stress-eat when I was so full!

The CarbLovers Diet has taught me that eating the right types of carbohydrates is a good thing for my body. Finally, I’ve found a diet that controls my stress-eating and doesn’t make me feel deprived. And I’m really happy with how I looked in my wedding gown!

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**Photos—Top left: Catherine Crowell Steele; Bottom right: Jim Bathie, Photo styling: Katherine Eckert Coyne, Used the InStyler rotating iron, Makeup: Julia Joseph, Fashion styling: Delphine Doron, Serena Tong, before: Heather Weston, Hair: Sophie Kaspar/FordArtists, After: Heather Weston, Hair: Sophie Kaspar/FordArtists (using the InStyler rotating iron), Makeup: Julia Joseph, Fashion styling: Sarah Parlow**

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**Health.com**
Chicken Pasta Primavera

Prep: 5 minutes  
Cook: 15 minutes  
Total time: 20 minutes  
Makes: 2 servings

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\begin{align*}
\frac{1}{2} & \text{ cup uncooked} \\
& \text{whole-grain rotini} \\
2 & \text{ teaspoons olive oil} \\
\frac{1}{2} & \text{ cup (4 ounces)} \\
& \text{cooked skinless,} \\
& \text{boneless chicken} \\
1 & \text{ onion, vertically} \\
& \text{sliced} \\
3 & \text{ garlic cloves,} \\
& \text{minced} \\
1 & \text{ teaspoon dried} \\
& \text{oregano} \\
\frac{1}{4} & \text{ teaspoon salt} \\
\frac{1}{4} & \text{ teaspoon pepper} \\
2 & \text{ cups chopped tomato} \\
1 & \text{ zucchini, sliced} \\
& \text{lengthwise into} \\
& \text{ribbons} \\
2 & \text{ tablespoons grated Parmesan} \\
& \text{cheese}
\end{align*}
\]

1 | Cook the pasta according to the package directions, omitting salt and fat. Drain.  
2 | Heat the oil in a nonstick skillet over medium heat. Add the chicken; cook for 5 minutes.  
3 | Add onion, garlic, oregano, salt, pepper, and tomato to pan; cook for 8–10 minutes.  
4 | Combine the chicken mixture, pasta, and zucchini ribbons; toss gently. Top with Parmesan cheese.

Serving Size: 3½ cups  
Calories 410;  
Fat 9g (sat 2g, mono 3.5g, poly 1g);  
Cholesterol 40mg;  
Protein 28g;  
Carbohydrate 61g;  
Sugars 13g;  
Fiber 12g;  
RS 2g;  
Sodium 480mg

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Shrimp Stir-Fry with Ginger

Prep: 5 minutes  
Cook: 10 minutes  
Total time: 15 minutes  
Makes: 2 servings

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\begin{align*}
2 & \text{ teaspoons dark sesame oil} \\
2 & \text{ tablespoons low-sodium soy sauce} \\
1 & \text{ tablespoon honey} \\
1 & \text{ tablespoon grated peeled fresh ginger} \\
2 & \text{ garlic cloves, minced} \\
4 & \text{ cups frozen stir-fry vegetables, thawned} \\
3 & \text{ ounces (about 14 medium) frozen precooked shrimp, thawned}
\end{align*}
\]

1 | Heat the oil in a large nonstick skillet over medium heat. Add the soy sauce, honey, ginger, and garlic; cook for 1 minute.  
2 | Add the vegetables, shrimp, and cooked rice; cook for 8 minutes.  
3 | Remove from heat. Top with the almonds and scallion.

Serving Size: 3 cups  
Calories 410;  
Fat 9g (sat 1.5g, mono 4g; poly 3.5g);  
Cholesterol 65mg;  
Protein 17g;  
Carbohydrate 61g;  
Sugars 14g;  
Fiber 6g;  
RS 2.6g;  
Sodium 710mg