



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

*kevin duru*

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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.

Praise for The Miracle Carb Diet from Tanya Zuckerbrot's clients

"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

TANYA ZUCKERBROT, MS, RD, completed her master's degree in nutrition and food studies at New York University and founded her renowned private practice in New York City. In 2010 she partnered with the Hain Celestial Group to create a line of F-Factor foods based on her fiber-rich diet philosophy. She frequently appears in the national media, including Live with Kelly and Michael, The View, Today, Rachael Ray, and more. She is a regular contributor to magazines including Women's Health and writes for top online outlets including Mensfitness.com, FoxNews.com, Fox iMag, and the Huffington Post. She is the founder and bestselling author of The F-Factor Diet.

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#### **Sarah McClain:**

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#### **Nora Emerson:**

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#### **Kevin Diaz:**

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