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Lose Weight With

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Week Smart

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Lose Weight

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Carb Plan

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CARBS will love us
back. The simple truth
is that our bodies need
carbs but we need to
eat the right ones. We
need to eat carbs that
satisfy our hunger, are
packed with nutrients
and help us stay in
shape. DAVINA'S
SMART CARBS do just
that! These

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recipes:-will curb

Cravings and stop

energy slumps - no

more carb binging!

My Amazing 5

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~~Davina's Smart Carbs
by Davina McCall |
Waterstones~~

Smart Carbs Three Day
Meal Plan: Day Two
These first three days
of my five week plan
are here to get you on
your way to eating
plenty of those
wonderful smart carbs!
Follow the rest of the
five week plan in the
book Smart Carbs: Eat
Carbs and Still Lose
Weight With My

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Week Smart Carb
Plan
Davina's Smart Carbs
has an entire chapter
of delicious soup
recipes. We've chosen
this White Bean and
Parsley Soup (main pic
above) as the parsley
oil is amazing.

Chickpea flour is a
brilliant, gluten-free
alternative to wheat

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flour, and a smart carb.

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recipes are from

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CARBS do just that!

These recipes:-will curb
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and fibre to keep you

looking and feeling

amazing - no more

bloat or guilt!-have

ingredients that are

cheap to buy and easy

to findDAVINA'S SMART

CARBS also includes a

5 week meal planner

that will make losing

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weight and staying
healthy a doddle.

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Healthy Recipes In

Davina McCall's new
book - Davina's Smart
Carbs: Eat Carbs and
Still Lose Weight with
My Amazing 5 Week
Smart Carb Plan - she
educates us on smart
carbs and provides a
selection of delicious

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Carbs And Oil

recipes to help curb
cravings and keep us
looking and feeling
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With Davina McCall's

new 5-week plan, you

can STILL eat carbs

and lose weight.

Sounds too good to be

true? It works by

ditching 'dumb carbs'

in favour of 'smart

carbs' - keep scrolling

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Lose Weight With
going hungry.

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Carbs are a constant
topic of nutrition

conversations, but for
all the wrong reasons.

What most people tend
to forget is that carbs

are not evil when you
eat them sensibly. If

weight gain is of
concern, that comes if

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you eat too much in the way of carbs, or any other food for that matter. The key to eating carbs is to choose smart carbs.

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Davina's Smart Carbs:
Cauliflower cheese
soup Davina's Smart
Carbs: Buttermilk
chicken Davina's Smart
Carbs: Pork sliders and
quick apple coleslaw
Davina's Smart Carbs:

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Harissa chicken
freekeh salad

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