

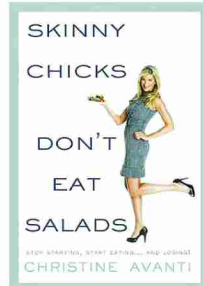
Read it

Don't take the title too literally.

Skinny Chicks Don't Eat Salads (Rodale, \$24.95) has more to do with the false righteousness created by constantly munching on greens that ultimately don't satisfy hunger.

Nutritionist Christine Avanti's eating strategy (she is emphatic about this not being a diet) is simple: Consume lean protein and a complex carbohydrate every four hours, which translates to four meals a day. This keeps blood sugar stable and metabolism humming. That's it.

Avanti writes about her own struggles with "sugar addiction" and bingeing on simple carbohydrates that stemmed from skipping meals. She has a knack for explaining the blood sugar-insulin connection in easy-to-understand terms and reinforcing the simplicity of her message. She includes meal plans, many testimonials about the eating strategy from her clients and sample meal plans. Although she says that her plan works regardless of whether you exercise, she includes beginner, intermediate and advanced strength training and cardio programs for those who want to reach their goals faster.



Steve Jacob

