

Skinny Chicks Don't Eat Salad: an ideal book for carb lovers to have successful resolutions in 2010

January 7, 10:07 AM • New Orleans Weight Loss Examiner • Heather Stephens

[Previous](#) [Next](#)



facebook

Comment



Subscribe

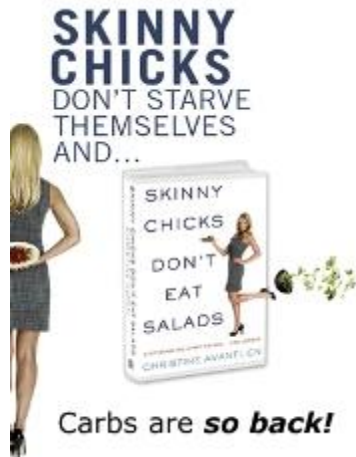
Email Address

SUBSCRIBE



Include other special offers from Examiner.com

[Terms of Use](#)



New book helps carb lovers reach their weight loss goals
Courtesy of <http://www.christinebybee.com/SkinnyChicks.php>

On January 5, 2010 ABC evening news featured a popular new book, Skinny Chicks Don't Eat Salad, just in time to help carb lovers kick start their weight loss New Year's resolutions.

Fashion model and well known nutritionist, Christine Avanti, is the author of this book and yo-yo dieted for many years before studying nutrition in order to understand how food and the body can relate in a healthy way.

The book describes how to eat healthily and enjoy food without gaining weight. She denies that it is a diet, rather it is a healthy way of eating that will keep one satisfied and still allow the body weight to be maintained correctly.

Her inspiration was taken from research by Harvard University, where it was discovered that by combining Carbohydrates with Proteins, the body burns both food types more efficiently and so one experiences a feeling of fullness and satisfaction without putting on weight.

The PC Meal is a Balanced Meal

Christine Avanti has devised what she refers to as the PC Meal, which is a combination of proteins and carbohydrates. Many dieters, she commented, will eat a salad meal believing that this is the way to lose weight. Moreover, she comments, salads may not be low in calories, especially those typically served as main meals in restaurants - in which there can be easily 1,000 calories.

Unfortunately because salads are low in carbohydrates, this soon causes the blood sugar levels to drop, in turn causing headaches and hunger. She commented that when this happens, people feel that they are failures because they start to need to eat again. This sense of failure leads to the unhappiness of yo-yo dieting.

When proteins and carbohydrates are balanced in a meal, the body can metabolize both of them without causing weight gain. One feels full and satisfied and because the food combinations are low on the glycemic index they will satisfy for longer. She suggested the following examples of PC meals.

A PC Breakfast - Maple Pecan Parfait

This breakfast exemplifies the principles of the PC regime. It is delicious and sustaining and yet has been worked out to be non-fattening.

Ingredients

- 6 oz natural yogurt
- 4 oz Cottage Cheese
- 1-2 tablespoons maple syrup (to taste)
- One chopped apple
- Crushed pecans for topping

The yogurt, apple and maple syrup are the carbohydrates and the cottage cheese is the protein.

Combine the ingredients together, serve in a parfait dish and top with the pecans.

Two P C Lunch Suggestions

Christine Avanti suggests that it is really okay to have a turkey sandwich for lunch. The bread is the carbohydrate and the turkey is the protein. Serve with a few slices of mango and a little salad on the side.

Chicken Cilantro Fajita - fill a fajita wrap with sliced chicken, cilantro, lettuce, avocado, tomato and lime juice. Wrap as usual and have a little salad on the side. The lettuce and avocado are "free foods" in this regime and can be eaten any time. For UK readers, cilantro is the same thing as coriander leaves.

Dinner Time - Beef it Up!

Christine Avanti suggests a meat and carbohydrate meal such as Filet Mignon with herb mashed potatoes as one dinner option which is both delicious and satisfying. She encourages people to eat lean meat and not to be afraid of mashed potato. It is a great source of carbohydrates and contains a lot of fiber.

Find out more about the book and see what aired last Tuesday on ABC by viewing this video:

<http://http://abcnews.go.com/video/playerIndex?id=9484352>