

Skinny Chicks Don't Eat Salads

Christine Avanti's Guide to Losing Weight by Controlling Blood Sugar

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In this straight-talking guide, Christine Avanti promotes a common sense approach so that dieters can stop starving, start eating and lose weight.

By explaining how she struggled with her own weight, in *Skinny Chicks Don't Eat Salads*, Avanti immediately connects with both those who struggle with weight loss or those seeking a way to lose weight without starving or depriving themselves of their favorite foods. While the subject matter is serious, addressing the emotional aspect of weight loss (such as feelings of guilt and depression over weight issues), Avanti uses humor in regards to where she was with her own weight loss struggle to connect with the reader and explain the science behind the *Skinny Chicks* program.

The Key to Weight Loss

According to Avanti, the most important factor to losing weight and keeping it off is balancing blood sugar. Avanti explains the science behind insulin and blood sugar balance in great detail, but delves into this complicated subject in a conversational way, breaking down the science so that the information is easy to understand and absorb.

Avanti explains that contrary to many fad diet creators, weight loss can occur without giving up carbs and that the body needs complex carbs not only for energy but also because these types of carbs are loaded with essential nutrients. The key, Avanti says, is to combine carbs and protein at every meal and eat frequently. Combining carbs and protein at every meal and eating more frequently keeps blood sugar levels under control and makes weight loss easy.

Following the *Skinny Chicks Don't Eat Salads* Program

In addition to protein-carb combining, Avanti suggests portion control as well. No food is off limits and according to Avanti, all that's required when eating favorites such as pie or ice cream is to eat those types of food in moderation. Avanti explains it's better to eat a small portion favorite foods rather than avoiding them or eating a substitute as this will not curb cravings for favorites. The *Skinny Chicks* program is not a fad diet but an eating plan that can be used even after weight loss success.

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To help readers kick-start the program, Avanti provides 14 days of meal plans and recipes for easy-to-make, balanced meals. In addition to providing nutritional information, Avanti also stresses the importance of exercise not only for weight loss, but overall health and well-being.

Healthy Eating Tips and Advice

In *Skinny Chicks Don't Eat Salads*, Avanti offers advice on how to eat healthy while dining out, how to maintain healthy eating habits when one is crunched for time, and supplements to take. Unlike many nutritionists, Avanti does not take a stance on the use of artificial sweeteners since there is not a lot of scientific research on the side effects, if any, of artificial sweeteners. Avanti states to use sweeteners such as Splenda in moderation, and offers healthy alternatives to artificial sweeteners and sugar (such as agave nectar).

Who is Christine Avanti

[Christine Avanti](#), CN, is a clinical and sports nutritionist who has counseled hundreds of clients on nutrition and weight loss. Avanti is certified by the American Academy of Nutrition and INTRAFITT, and has appeared on programs such as *Rachel Ray*, *E! News* and in magazines such as *Self* and *Fitness Magazine*. She can be heard regularly on the Air 1 Radio network.

Overall, *Skinny Chicks Don't Eat Salad* is a funny, easy-to-read explanation of the current research regarding the connection between controlling blood sugar and weight loss. For those wanting to lose weight without going hungry or depriving themselves of their favorite foods, Avanti offers sound nutritional advice backed by current science to do just that.

Book Stats

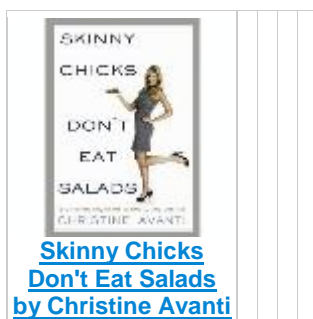
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