

Christine Avanti

Skinny Chicks Eat Real Food is a guide to eating real food in a factory-food world, a weight loss plan, and a real-food cookbook—all in one.

Christine Avanti is a published author, chef, nutritionist and a Health Consultant on **Food Network's new show *Fat Chef*** but most of all she is an outspoken advocate of the transformative power of REAL food.

Christine became a fitness enthusiast and model in her early 20's. Sadly, in her late 20's, Christine's grandfather, who was more like a father to her, passed away. Immediately after Christine, began to use food as an

antidepressant to fill the sadness and sense of loss inside her. In six short weeks she gained 30 pounds, obliterating her modeling career and social life. She tried an endless stream of diets, all ending in failure regardless of her strong fitness background.

Eventually Christine met a nutritionist who taught her – in a nutshell – to stop dieting and eat more REAL food. Counter-intuitive, but it worked! She knew right then that it was her mission to share this with the world. And that is EXACTLY what she has done!

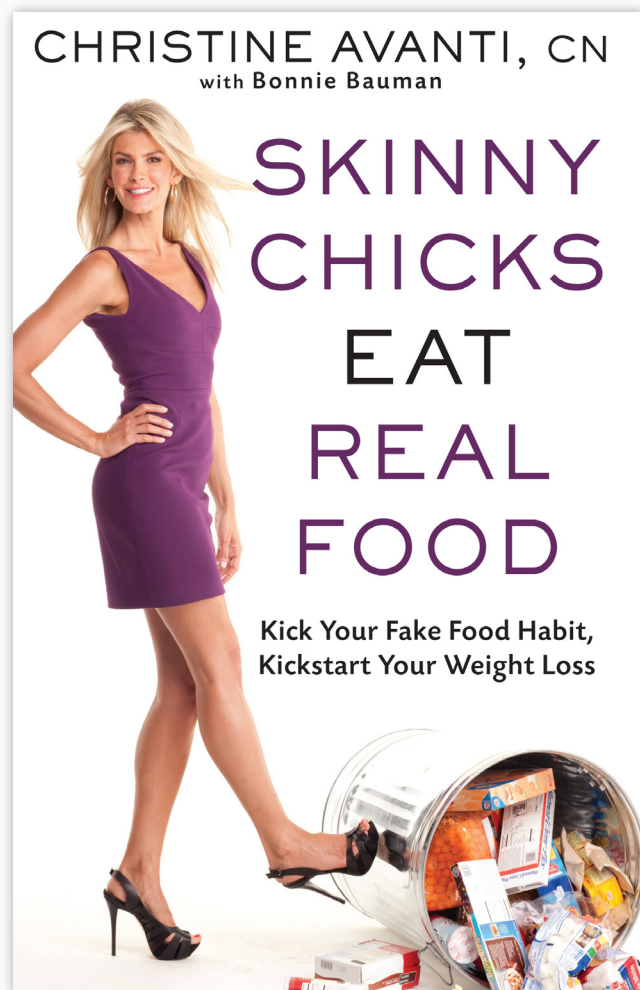
Christine has counseled more than a thousand clients one-on-one, who have collectively lost more than 10,000 pounds. In 2009 Christine published her first bestselling book, ***Skinny Chicks Don't Eat Salads*** with Rodale Publishing in 2009. Christine's second book ***Skinny Chicks Eat Real Food*** (Rodale 2012) just hit stores throughout US, Canada and Europe in December 2011.

In ***Skinny Chicks Eat Real Food*** Avanti shows readers how a diet rich in all-natural, whole foods will help readers control their appetites, boost their metabolism, and lose weight, permanently.

So how does eating real food lead to weight loss? Avanti writes, "Consuming real foods leads to weight loss as a result of the nutrients that are added to the diet—namely fiber and omega-3 fats—and the ingredients that are removed—namely added sugar, refined carbs, refined salt, and other harmful additives and preservatives that both contribute to weight gain and stand in the way of weight loss." In ***Skinny Chicks Eat Real Food***, Avanti draws upon the latest scientific research and cuts through the emotion, confusion, and various biases to explain (in plain English) how the typical American factory food diet is detrimental to both waistline and overall health. It also offers:

- » Specific Meal Plans and Strategies
- » Grocery Lists
- » Collection of flavorful real-food recipes

Skinny Chicks Eat Real Food is a guide to eating real food in a factory-food world, a weight loss plan, and a real-food cookbook—all in one. It will inspire and instruct you to steer clear of fake food and eat all natural through the good times, hard times and beyond!





Tuscan Kale Toss

Serves 8

- 1 bunch kale
- 1 garlic clove, minced
- Fine sea salt
- 1/4 cup grated Parmesan cheese
- 1/4 cup extra-virgin olive oil
- Juice of 1 lemon
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon anchovy paste
- Cracked black pepper
- 1/2 cup canned cannellini beans (white kidney beans), rinsed and drained
- 1/2 cup halved cherry tomatoes
- 1/2 cup Homemade Croutons

1. Wash the kale and tear out the stems. Cut the leaves into 3/4-inch-wide ribbons and set aside in a large salad bowl.
2. Using a mortar and pestle or the back of a spoon, mash the garlic with 1/4 teaspoon salt until it becomes a paste. Transfer to a bowl and add the cheese, oil, lemon juice, red pepper flakes, and anchovy paste. Whisk to combine all ingredients well. Add more salt and cracked pepper to taste.
3. Pour the dressing on the kale and toss well (this dressing is quite thick). Let sit for 5 minutes so that the lemon juice can begin to soften the kale. Add the beans, tomatoes, and croutons and give the salad one more thorough toss.

Nutrition facts per serving:
180 calories, 6 grams protein, 16 grams carbohydrates, 11 grams fat



Easy Lobster Pasta

Serves 8

- 1 tablespoon plus 1 teaspoon fine sea salt
- 1 pound capellini or other strand pasta
- 1 whole 2-pound lobster, steamed or boiled (about 16 minutes)
- 1 tablespoon unsalted butter (preferably organic)
- 1 shallot, thinly sliced, or 1/4 white or red onion
- 3 garlic cloves, minced or pressed
- 1/2 teaspoon red pepper flakes
- 1 tablespoon extra-virgin olive oil
- 1 handful flat-leaf parsley, chopped
- Zest and juice of 1 lemon (optional)

1. Bring a large pot of water to a boil and add 1 tablespoon of the salt. Add the capellini and cook for 1 to 2 minutes, checking the texture after 1 minute. If it's still too firm, continue cooking, but check every 30 seconds until just al-dente (the texture of the pasta can make or break this dish).
2. While the pasta water is coming to a boil, remove the lobster meat from its shell and chop into bite-size pieces. Melt the butter in a large skillet over medium heat. Add the shallot, garlic, red pepper flakes and remaining 1 teaspoon salt. Cook until the garlic is golden brown, about 2 minutes.
3. Add the lobster meat and cook for 1 minute. Turn off the heat and stir in the oil. Drain the pasta and using tongs, toss with the parsley with the warm lobster mixture. Sprinkle with the lemon zest and juice if desired. Serve immediately.

Nutrition facts per serving:
410 calories, 25 grams protein, 61 grams carbohydrates, 7 grams fat



Raspberry Kissed Brownies

Serves 12

ingredients & directions

- 1/2 cup gluten free flour
- 1/4 teaspoon xanthan gum
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup sugar
- 2/3 cup canned organic sweet potatoes, pureed
- 1 large egg
- 1 egg white
- 1 1/2 teaspoon pure vanilla extract
- 1/4 teaspoon instant espresso powder
- 3 tablespoon unsalted butter
- 1 tablespoon coconut oil
- 2/3 cup unsweetened coco powder
- 2/3 cup fresh raspberries

Nutrition facts per serving:
139 calories, 3 grams protein, 25 grams carbohydrates, 5 g fat

1. Preheat the oven to 350°F. Coat an 8-inch square pan with cooking spray and set aside.
2. In a small bowl, mix the flour, xanthan gum, baking powder and salt and whisk to combine.
3. In a medium bowl add the sugar and puree and stir well. Next mix in the whole egg and additional egg white.
4. In a separate small bowl mix together vanilla extract and espresso powder until the powder is dissolved.
5. In a medium sauce pan over low heat, melt the butter. Remove from the heat and mix in the coconut oil. Slowly stir in the cocoa powder. Stir with a fork until the chocolate mixture resembles a thick chocolate sauce (not clumpy). Add the espresso vanilla mixture to chocolate mixture and stir.
6. Combine the dry mixture with the sweet potato mixture until no trace of the dry mixture remains. Stir in the chocolate mixture and mix until the batter is dark brown. Carefully fold in the raspberries. Spoon the batter into the baking pan and smooth the top with a spatula coated with cooking spray. Bake until a toothpick inserted in the center of the brownies comes out clean, about 25-30 minutes. Cool before serving.

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