



The Super Carb Diet: Shed Pounds, Build Strength, Eat Real Food

Bob Harper

Download now

Read Online ➔

The Super Carb Diet: Shed Pounds, Build Strength, Eat Real Food

Bob Harper

The Super Carb Diet: Shed Pounds, Build Strength, Eat Real Food Bob Harper

How do you prevent those constant food cravings and feelings of deprivation when trying to lose weight?

Host of *The Biggest Loser* and celebrity trainer Bob Harper's *Super Carb Diet* is the answer. Harper focuses on nutrient-dense foods that are big in flavor and allow certain kinds of carbohydrates at targeted times during the day.

In *The Super Carb Diet* you'll find:

- How to eat carbs earlier in the day for sustained energy
- A list of super-carb foods
- Limited snacks but larger and more varied meals
- A way of eating that's sustainable
- Super-charged weight loss

The Super Carb Diet will keep millions of dieters from giving up after Week One. The program leads you through precise plate proportions, balancing good protein, low fat, high fiber, and nutrient density. Not only will you lose significant weight and whittle your waistline, you'll walk away from the table feeling happy and full.

The Super Carb Diet: Shed Pounds, Build Strength, Eat Real Food Details

Date : Published December 26th 2017 by St. Martin's Press

ISBN : 9781250146601

Author : Bob Harper

Format : Hardcover 304 pages

Genre : Health, Nonfiction, Food and Drink, Food, Diets, Self Help

 [Download The Super Carb Diet: Shed Pounds, Build Strength, Eat R ...pdf](#)

 [Read Online The Super Carb Diet: Shed Pounds, Build Strength, Eat ...pdf](#)

Download and Read Free Online The Super Carb Diet: Shed Pounds, Build Strength, Eat Real Food
Bob Harper

From Reader Review The Super Carb Diet: Shed Pounds, Build Strength, Eat Real Food for online ebook

Danny Pellegrino says

Fantastic. Five stars.

Dona says

I am SO glad I didn't purchase this book and only borrowed it from the library. Bob Harper's 90 day super carb plan is so restrictive I can not imagine anyone being able to successfully stay on board. I know I certainly couldn't. I try to follow a somewhat low carb diet but allow myself my nightly glass of white wine and occasional dark chocolate. There is a fine line between enjoying life and being a diet vigilante, which, in my opinion, is the route Bob Harper advocates.

Jenny Luebbe says

Bob Harper has a very compelling story as a very fit man who suffered a heart attack. Mr. Harper had relatives who had died from widow-maker heart attacks at an early age and so has a genetic disposition to early heart attacks. . I found his book about adding some carbs to your diet (as opposed to low carb/keto) an interesting read. Personally I find low carb/keto unsustainable long term so I'm still looking for the perfect macros that I can maintain with ease. This is a book I'll review periodically as many points stuck in my head.

Angela says

Easy read, easy to follow instructions in macronutrients. Very excited about this program!

Emily Weller says

same old information

Patti says

I love how it feels like Bob is having a conversation with you in person. His information is very informative, makes sense, and I have no doubt that the 90 day plan works but, it is a lot of work (Bob admits this throughout the book) and I'm not that disciplined. The big take away for me is reading the labels on my food and knowing what foods to avoid in my diet. The exercise routines and recipes are a great addition to give you a guide on how to make it all work.

Alex says

I love Bob Harper, and was so sad to hear about his potentially fatal heart attack last year. As such, I mostly wanted to read this book just to hear how he's doing now.

Almost dying has given Bob a new lease on life, and he's even more passionate than before about making us healthy. This book had some great exercise routines and some good recipes, but there is no way I could eat like this for 90 days.

Still, I respect that he's taking his heart attack as a sign to push health and fitness even more than he used to, and I'm glad he's still here with us.

Sandy Stephenson says

A lot of information in this book is about nutrition. He shows you how to count grams of protein carbs, fat etc. for the most balanced diet. I will stick with weight watchers. It's a lot more simple to follow, but incorporates the same principles.

I checked this book out from the library, but there would be a lot of good work out plans and recipes to try if you could keep the book.

Susan Ciliberti says

The book was full of information that I will use as a resource. The diet was very complex so I won't be following it. First I've heard of Bob Harper and I plan to check out some of his other books.

Kayo says

While this information is out there, this was explained easily and right to anyone reading it. Felt like Bob was in your living room talking to you. Good information.

Becki Barkley says

As usual Bob is right on point...love him...advocate for AEDs everywhere...they save lives

Jennifer says

A good read and a good guide. While not every calorie is the same counting macro's helps to stop gaining

too much weight. He didn't say this, I don't think, but if as you age you are not gaining weight then something is wrong, if you don't watch what you eat and your exercise. So I just take that to mean as an older person I have to weigh my food and be aware of my macros.
