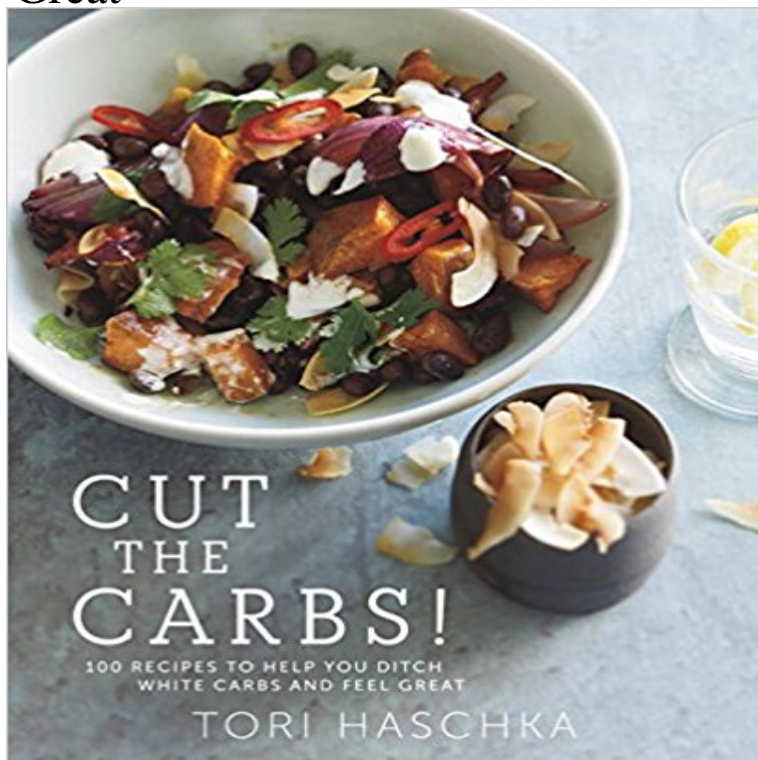


# Cut the Carbs: 100 Recipes to Help You Ditch White Carbs and Feel Great



Cut the Carbs by Tori Haschka shows how to ditch white carbohydrates and eat low-GI smart-carbs instead. Inspirational! Cut the Carbs is the result of the many ways Tori Haschka discovered to happily avoid white carbs, taking inspiration from all over the world. Since changing her diet, she has felt healthier and gained energy, her skin has improved and she has lost weight and kept it off. So if you want more energy or simply want to be more adventurous in the kitchen and plan a meal that isn't based on bread, potatoes, pasta, or rice, look no further.

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