



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

Tori Haschka

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Do you want more energy? Do you want to lose weight and keep it off - without depriving yourself? Or do you simply want to be more adventurous in the kitchen and plan a meal that ISN'T based on either bread, potatoes, pasta or rice? Tori Haschka loves comfort foods more than anything but they don't always love her. She knows what it's like to use white carbs as a culinary crutch. Until she was a teenager, she would only eat things that were a pale hue. Rice. Bread. Potatoes. Noodles. Then, after an illness, she decided to try new ways to feed herself, her friends and her hungry husband. This book is a result of the many ways she discovered to happily and greedily avoid white carbs, taking inspiration from all over the world. Since eating like this, she has felt healthier and gained energy, her skin has improved and she has lost weight and kept it off. Tori's recipes will help you to stop being reliant on nutrient-poor carbs and to get more creative in your cooking. At the same time, you will inevitably feel better in body and mind. She inspires you to inject some new life into your dishes. Try Mexican Baked Eggs or Chai Bircher Muesli for breakfast; Spiced Chickpea Bombs and Courgette Frites as light snacks with drinks; sides such as Broccoli Steaks with Chimichurri and Brazil Nuts and 6 types of puree to banish mashed potatoes forever; Lamb Shank and Fig Tagine or Duck Breasts with Roast Beetroot, Radish and Cocoa for comfort food; and Peanut Butter and Jam Puddings.

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