

50 Carbs



*English/Español Edition
2015*

*José Quintana
with
Michael Calderwood*

50 Cars English Edition

Brendan G. Carr

50 Carbs English Edition:

50 Carbs 2015 José Quintana, Michael Calderwood, 2015-03-05 The 50 Carbs Plan in English and Spanish Paperback Updated for 2015 with three additional chapters **50 Carbs English** José Quintana, Michael Calderwood, 2015-05-04 50 Carbs 2015 English Edition Here's a sensible delicious and low stress plan that will help you lose weight using the strategies developed by Jose Quintana. When his own health was at risk due to diabetes caused by his obesity he took charge and developed 50 Carbs. Using the flavors and cooking styles he loved Jose turned his meals into delicious recipes that keep him happy and healthy. 50 Carbs gives readers the tools they need to develop their own low stress path to a healthier life through weight loss and management. Updated with three new sections. With well over a year on the 50 Carbs Plan Jose has updated the book with insights and strategies for maintaining a successful and satisfying routine. He also shares insights and suggestions for following the 50 Carbs Plan even if you don't have a smartphone application. English only version **50 Carbs** José Quintana, Michael Calderwood, 2014-12-01 Jose Quintana realized he needed to take control of his diet if he wanted to fight back against his diabetes and obesity. 50 Carbs tells of his journey from teen aged musician in his native Mexico through his long and rewarding career in the world of Latin Music. His ongoing passion for flavorful exciting foods led him to some poor eating habits. He decided to take charge of his health and developed a plan that helped him lose weight while still enjoying the foods and flavors he loved. 50 Carbs shares his successes and provides practical measurable strategies that can help others struggling with these same issues

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