

# 50 Carbs



*English/Español Edition  
2015*

*José Quintana  
with  
Michael Calderwood*

# 50 Cars English Espa Ñtilde Ol Edition

**José Quintana, Michael Calderwood**

## **50 Carbs English Espa<sup>n</sup>ol 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* Jose 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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