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Carbs are a constant
topic of nutrition
conversations, but for
all the wrong reasons.
What most people
tend to forget is that
carbs are not evil
when you eat them

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sensibly. If weight gain is of concern, that comes if you eat too much in the way of carbs, or any other food for that matter.

The key to eating carbs is to choose smart carbs.

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ones. We need to eat
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hunger, are packed
with nutrients and
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days of my five week plan are here to get you on your way to eating plenty of those wonderful smart carbs! Follow the rest of the five week plan in the book Smart Carbs: Eat Carbs and Still Lose Weight With My Amazing 5 Week Smart Carb Plan .

Davina McCall Smart

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McCall on her
Favourite ...**

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need carbs but we need to eat the right ones. We need to eat carbs that satisfy our hunger, are packed with nutrients and help us stay in shape. DAVINA'S SMART CARBS do just that! These recipes:-will curb cravings and stop energy slumps - no more carb binging!

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Davina's Smart Carbs: Eat Carbs and Still Lose My Weight With ...

Davina's Smart Carbs has an entire chapter of delicious soup recipes. We've chosen this White Bean and Parsley Soup (main pic above) as the parsley oil is amazing.

Chickpea flour is a

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**Davina's Smart
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With Davina McCall's
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can STILL eat carbs
and lose weight.

Sounds too good to
be true? It works by
ditching 'dumb
carbs' in favour of
'smart carbs' – keep

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binging!-are packed
with nutrients and
fibre to keep you
looking and feeling
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includes a 5 week
meal planner that will
make losing weight
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doddle.

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Smart Carb Plan –
she educates us on
smart carbs and
provides a selection
of delicious recipes to
help curb cravings
and keep us looking
and feeling amazing.

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