



Skinny Chicks Eat Real Food: Kick Your Fake Food Habit, Kickstart Your Weight Loss

Christine Avanti , Bonnie Bauman (Contributor)

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Skinny Chicks Don't Eat Salads author Christine Avanti explains how women and men can control their appetites and lose weight by avoiding the fake and processed foods that are actually making them fatter.

Many women think that products labeled “fat-free,” “sugar-free,” or “lite” are the key to easy weight loss. The truth is that these so-called healthy packaged foods are filled with processed ingredients and chemicals that actually contribute to weight gain by causing us to overeat.

In *The Real Food Diet*, nutritionist Christine Avanti explains why a diet rich in all-natural produce, whole grains, and lean protein packed with the nutrients responsible for maintaining stable blood sugar levels and speeding up metabolism is by far the more effective option. Avanti draws on the latest research to provide guidelines for what and how often readers should eat to ensure that pounds are dropped—and offers specific meal plans, grocery lists, and a collection of flavorful recipes filled with fresh, seasonal ingredients.

A guide to eating real food in a factory-food world, a weight loss plan, and a real-food cookbook in one, *The Real Food Diet* will instruct and inspire readers to steer clear of fake food and eat the balanced, all-natural way we were designed to eat.

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From Reader Review Skinny Chicks Eat Real Food: Kick Your Fake Food Habit, Kickstart Your Weight Loss for online ebook

Jen says

This book opened my eyes to what processed and "diet" foods really do to our system. I also learned how some so-called "healthy" foods are made, like margarine and fat-free cream cheese. Ewww... I'm now doing more to cut out processed foods and only eat REAL food. I think I'll have a lot more energy and feel better once I make that change.

Andrea says

A helpful book for anyone on a quest to improve their health by eating more whole foods. The author provides a lot of information on what all the chemicals, preservatives, and junk in diet foods do to us. It really makes you feel like taking the extra time to lead a more whole life when it comes to eating.

Samantha says

Avanti has a clear voice and has no problem saying, "This is what I do and why..." She provides advice from professionals, even if it goes against her personal beliefs. My only wish would be for a more complete recipe section and, of course, pictures.

Jewel says

Sigh. This book is super informative and tells you all about how horrible everything in the supermarket is. I mean, everything. Orange juice is full of pesticides and has been linked with Alzheimer's. Cereal literally has no nutritional value. Even the vitamins and minerals that they add in are taken out in the extruder machine. Sugar is in fact, addictive. Oh, and it's in absolutely everything to make you crave the food and overeat it. Meat and produce sold in the supermarket come from factory farms and are horrible for you for a bunch of reasons.

So... I read this book because I wanted to feel EMPOWERED. I thought knowledge WAS power. Unfortunately, this knowledge has just earned me the feeling of hopelessness.

I don't have the time or income to avoid supermarkets. I can't buy all my produce at farmer's markets and all of my meat direct from locally owned farms. I can't even afford to eat everything organic. It's simply not a lifestyle I can have. So...

I can get organic here and there, but overall factory food has won. I have no choice but to continue to eat it. Now I feel bad about that. Flippin' fantastic.

Lory Sakay says

Interesting and educational but it does make me wonder how possible it is to eat "real food" in today's society. I enjoyed exploring the websites and other organizations mentioned but again am a little intimidated about getting my family to buy into this...and then concerned about the ability to maintain. Good information provided however to work towards the real food goal.

Lucy Ulmer says

Just had to leaving a raving review! Not only are Christine's recipes fantastic (and easily adaptable to a vegan diet) but her thought process as to nutrition and maintaining healthy lifestyle is fantastic. I borrowed this book from the library but enjoyed it so much that I am going to buy it. I have tried several of the recipes, including the oatmeal, guacamole and granola, which are all so tasty! This book as also inspired me to read and learn more about the science behind nutrition. Thank you!

Erika Harris says

This book was an interesting perspective on food and how processed foods have addictive properties and may cause health problems. The point of the book was to show how to move back to real foods and away from processed foods, etc. I found it very interesting. Of course, the book gave contradictory messages to other views on food, so I take everything with a grain of salt - e.g. yes you can have full fat milk, others say no only low fat or no dairy....yes you can have meat with fat (you should have grass fed meats), others say no fats, etc. etc.

Laura says

I liked this, but it's pretty hard for me to implement without being able to cook...

Joy says

WOW this book changed how I think about eating in every way. At first look at this book you think its just another diet book, but it is not!!! I never had any idea that there could be so much harmful ingredients in processed food. I am stunned and will change how my family eats. However, that being said, this book is overwhelming with information. Either take notes or read again to get all the vital information you need to change your eating habits. But you will never be the same about food. P.S. it is not a book about how they slaughter animals wrong to were you don't want to eat meat anymore.

Melissa says

If you're looking for some solid advice on how and why to switch to real foods and their benefits for weight loss, this is a wonderful resource. The recipes are great too!

Gina-maria says

I've met Christine Avanti at her book signing at Whole Foods in Los Angeles and I can't even explain to you how beautiful she was in person. Her skin was flawless, she had a perfect toned physique, and she overall was just glowing with such a pretty smile. After trying some of her dishes she made for us before the signing, it was the combination of her delicious meal and how amazing she looked that sold me to read this book. Clearly Christine knows what it takes to be healthy and look good while at the same time creating meals that satisfy the taste buds.

If you're interested in health, weight-loss, and eating right, this book is the perfect read to learn about the food industry and its affects on all three of those things. The coolest part about this book is that Christine does a good job investigating the American food industry and how it affects the human diet. There's a lot that the industry is purposely hiding from their consumers, and Christine brings awareness to these secrets.

I took what I've learned from her book applied it to my own diet and I feel great! I kind of find eating healthy fun now!

Ps- she has amazing receipts in the back!

Desi Vial says

A very simplified version of other back-to-real-food books I've been reading, but there are a few good take-aways in it. It's worth a quick read, but for the real inspiration, you are better served to read Michael Pollan (In Defense of Food, Cooked).

Rebekah says

Impulse grab at the library. Her research is from blogs and movies (!!!!), and the book reads more like a who's who than a how to. She offers little in the way of transitioning to a whole/real foods diet, and demonizes sugar while providing mostly recipes for smoothies and desserts.

Renee Flewelling says

I went in search of books to help me to understand the 'real foods' movement, and this was one recommendation. Overall, I think this is a great book. Although it's geared more towards eating real foods to lose weight I still found it very informative.

I'm definitely going to implement some of Avanti's recommendations, and recipes, as I slowly try to move my family towards eating a real food diet. Progress, not perfection!

Angie says

Good reminder on nutrition, what to eat to lose weight, what foods provide which nutrients, etc. Pro-meat, but not anti-vegetarian.
