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CARBS will love us back. The simple truth is that our bodies 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 : Davina

McCall :

9781409157670

Make the swap from 'dumb carbohydrates' - white bread, white pasta, white rice - that are stripped of fibre, vitamins and minerals to wholegrains, pulses and vegetables that are higher in fibre and nutrients. Davina goes into detail about the two types of fibre - insoluble and soluble - that you need to incorporate into your diet.

Davina McCall Smart Carbs Diet - woman&home

Davina's Smart Carbs: Orange and almond cake
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Carbs by Davina
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Waterstones

Smart carbohydrates like beans, chickpeas, and lentils can be prepared overnight or bought pre-prepared and kept in the fridge so that they are ready to eat the next day. Smart carbohydrates

like butternut,
potatoes, pumpkin,
and sweet potatoes
can be stored in a cool
dark place fairly well
and then in the fridge
after cooking / cutting.

40+ Healthy Smart Carbohydrate Foods - Sleekgeek Health

...

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The official home of Davina McCall - mother, friend and TV Presenter. Get the latest on Davina's shows and charity projects: The Jump, Sport Relief, The Million Pound Drop, Long Lost Family, The Biggest Loser, Big Brother, Celebrity Big Brother.

- Davina McCall

The simple truth is that our bodies need carbs, ones that are packed with nutrients, satisfy our hunger and help us stay in shape. Davina's smart carbs do just that! We've picked out a few of our very favourite recipes from this fab new bestseller! As Davina says "Nothing like a good soup: filling and warming, nourishing and comforting."

**Davina's Smart
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Well Show star shares a 'Smart Carb' recipe that makes a perfectly light dinner. "I haven't always been a fan of stuffed vegetables, but the filling for these aubergines is really tasty and juicy and I love it.