



The Carb Cycling Diet: From Low-Carb to Normal-Carb Days, Boost Your Metabolism to Lose Weight and Look Great

Roman Malkov

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THE CARB-CYCLING DIET

Optimize your health, lose weight, feel great---without giving up the foods you love!

Boost your metabolism, burn fat, and turn back the hands of time with the real-life answer to Atkins and South Beach—now in paperback.

A physician and exercise physiologist specializing in sports medicine nutrition, Dr. Roman Malkov saw many of his clients struggle on low-carb diets like Atkins and South Beach. By studying the body's mechanisms for storing fat and processing carbs and observing the diet and exercise habits of the Olympic athletes he trained, he developed *The Carb Cycling Diet*.

A simple program, *The Carb Cycling Diet* follows four basic precepts:

1. Most fat deposition takes place in the first few minutes of eating refined carbs.
2. You must alternate between normal-carb and limited-carb days.
3. On normal-carb days, limit fat consumption and perform circuit-training (if possible).
4. On limited-carb days, perform interval training (if possible).

The book includes easy recipes and meal plans, exercises and workout programs, and motivational tips to make sure you follow the course. Easily adaptable to anyone's lifestyle, *The Carb Cycling Diet* is a groundbreaking, sustainable, scientifically based diet to build muscle, lose fat, and stay healthy for life.

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