



The Carb Cycling Diet: Balancing Hi Carb, Low Carb, and No Carb Days for Healthy Weight Loss

By Dr. Roman Malkov

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Stay Younger Longer with the Real Life Answer to Low-Carb Diets

Build muscle and lose fat with the real-life answer to no-carb/low-carb diets. Low-carb diets like Atkins and South Beach are notoriously difficult to maintain over time and have been deserted by millions of people. Health-conscious people all over America are ready for something better. Discover the secret that athletes and trainers have been using for years with a healthy carb cycling diet.

By allowing you to eat full, nutritionally balanced meals on any day, **The Carb Cycling Diet** breaks away from the "deprivation model" of most diets on the market today. Alternating between limited-carb and normal-carb days, you have your cake and eat it, too, without having to rely on supplements or sugar substitutes.

The Carb Cycling Diet includes easy recipes and meal plans for normal- and low-carb days. Monitoring what you eat is simple with the Carbohydrate Content and Glycemic Index tables included. Plus, **The Carb Cycling Diet** provides tips on exercise, sports supplements, and how to keep motivation high.

As former Nutritional Consultant for the Russian National Athletic Team, physician and exercise physiologist Roman Malkov, M.D., understands the secret that the world's top athletes have used for years. Carb cycling works for them and it can work for you!

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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Editorial Review

About the Author

ROMAN MALKOV, M.D., is a physician and exercise physiologist who served as a nutritional consultant for the Russian National Athletic Team. An active member of the American College of Sports Medicine and the American Association of Nutritional Consultants, Dr. Malkov is a consultant to professional athletes and fitness enthusiasts. He lives in New York City.

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