



50 Carbs 2015 Edition: English/Español

José Quintana, Michael Calderwood

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Updated for 2015 Here's a sensible, delicious and low-stress plan that will help you lose weight using the strategies developed by José Quintana. When his own health was at risk due to diabetes caused by his obesity, he took charge and developed 50 Carbs. Using the flavors and cooking styles he loved, José turned his meals into delicious recipes that keep him happy and healthy. 50 Carbs gives readers the tools they need to develop their own low-stress path to a healthier life through weight loss and management. Written in both English and Spanish, this edition will be perfect for families and households that live, learn and communicate in either, or both languages! Updated with three new sections. With well over a year on the 50 Carbs Plan, José has updated the book with insights and strategies for maintaining a successful and satisfying routine. He also shares insights and suggestions for following the 50 Carbs Plan even if you don't have a smartphone application.

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