



The Sweet Life with Chris Xaver: Companion to the television show--recipes from the first 2 seasons

Dr. Chris Xaver

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Fabulous food with little to no added sugar, better carbs, & fats. The Sweet Life is more than changing a recipe, it's about changing lives. The Sweet Life is Not a Diet, It's a Philosophy. This isn't a diet book. It's a collection of recipes I'd like to share with you. These recipes are designed to be used as part of a healthy eating plan. None of these recipes alone are any sort of magic bullet. In fact, some can have quite a few carbs. Carbs are not evil. They just need to be balanced. What I hope is that you learn to balance your plate, and you'll use the nutritional information to create a balanced lifestyle. I am sharing with you what I do. You can follow my recipes exactly or make your own changes for your own reasons.

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