



**DR.  
GUNDRY'S  
DIET  
EVOLUTION**

**Turn Off the Genes That Are Killing You  
—and Your Waistline—  
and Drop the Weight for Good**

**Plus 70 Recipes, sample menus, and memory tricks to keep you on track**

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There is now another low-carb, high-fiber option that passes the Penny test. FiberGourmet has recently come out with a line of pasta that lives up to its name. Each 1-cup serving contains 18 grams of fiber, minimizing its impact on your blood sugar level, and 140 calories. Although better than the 220 calories in a cup of conventional pasta, this is more than shirataki tofu noodles, so watch the serving size. Available in six flavors, including chocolate(!), it may be hard to find in your area but can be ordered from [www.fibergourmet.com](http://www.fibergourmet.com).

If you use this pasta in the following recipes, be sure to reduce the amount of pasta to 1 cup (cooked) per serving. Figure on a 1/2 cup of dry pasta yielding a cooked 1-cup serving.