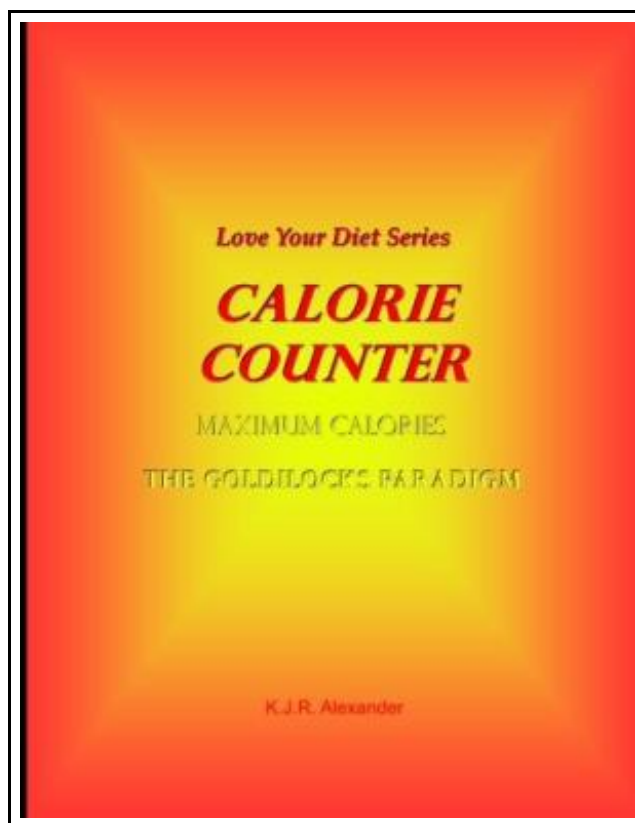


Calorie Counter



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Reviews

It is simple in study safer to understand. It can be full of knowledge and wisdom Your way of life span is going to be enhance when you full looking at this book.
(Lavina Torp)

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Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.As stated over and over, the most effective weight loss strategy includes counting calories. Easier said than done with all the confusing measurements requiring math gymnastics. And sources online are elusive and fleeting without an overall personal plan. Here is a calorie counter that makes it easy and convenient. Listed are small amounts (1 ounce, 1 piece) which can be multiplied for portion size. Also listed are calories for average portions. Foods to Eat and Foods Not to Eat are indicated. Protein amounts are listed in the print version. A Fast Food calorie counter is also included. Designed to accompany Calories Real Foods Diet which needs to be read to put the whole diet to work. However, it also stands alone with the Love Your Diet plan outlined, explaining how to eat maximum calories and avoid hunger. Calories listed are the standardized amounts from government sources with each item adapted for easy measurement and calculation. The power of counting calories is easy with the information readily available in your personal copy.



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