



How Much Carb? How Much Protein?: The Essential Carbohydrate Counter

By Catherine Proctor

Ventura Press. Paperback. Book Condition: new. BRAND NEW, How Much Carb? How Much Protein?: The Essential Carbohydrate Counter, Catherine Proctor, This carbohydrate and protein counter is the perfect companion for anyone who wants to lose weight and keep it off. By simply cutting carbs and increasing your protein intake, you can lose weight and maintain weight loss without feeling hungry. You will also eliminate the food cravings, mood swings and lack of energy caused by fluctuations in blood sugar levels. Over 900 everyday foods and drinks are listed in How Much Carb? How Much Protein?, including restaurant meals, takeaways and alcoholic drinks.



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Reviews

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Brennan Koelpin**

Comprehensive guide! Its this type of very good read through. It is actually writter in simple words and phrases rather than difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Bernie Mante PhD**

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