

***The 100 Count Only Sugar Calories And Lose Up To 18 Lbs In 2
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The 100 Count Only Sugar

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Jorge asks you to count all the carbs, not just the net carbs – so the protein bars you mention are 25-35 grams of carbs or 100 sugar calories or more each, which would mean having only part of the bar or having no other carbs.

The 100 by Jorge Cruise (2013): What to eat and foods to avoid

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The 100: Count Only Sugar Calories and Lose Up to 18 Lbs. in 2 Weeks. The 100 claims that dieters can lose up to 18 pounds in two weeks by counting only sugar calories. According to the book, sugar calories elevate insulin, the weight-gain hormone, and while certain foods are purportedly sugar-free, hidden sugars — including those found in yogurt,...

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