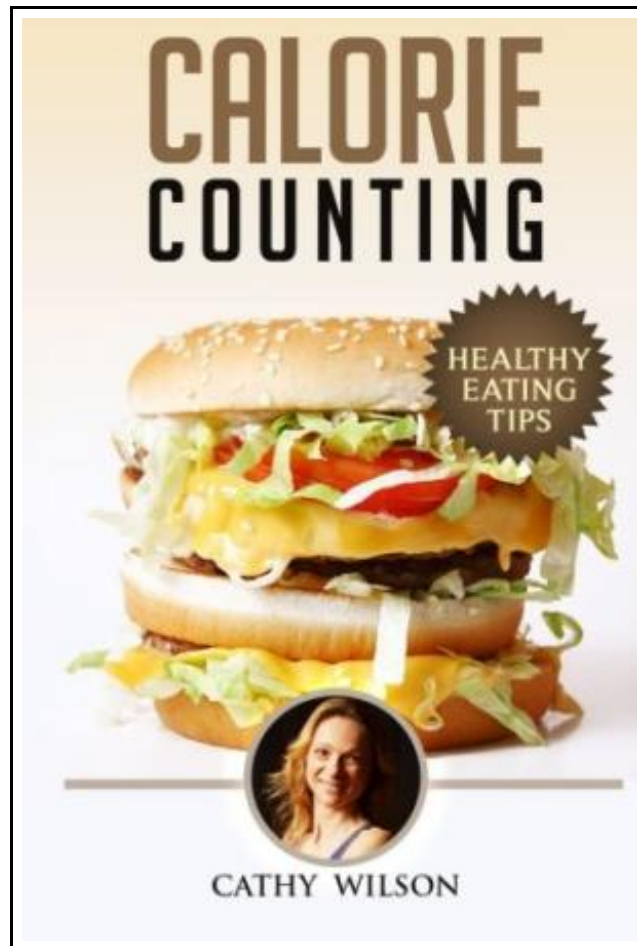


Calorie Counting: Healthy Eating Tips



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CALORIE COUNTING: HEALTHY EATING TIPS



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Calorie Counting - Healthy Eating by Award Winning Health and Wellness Author Cathy Wilson, BES, B.Sc. (Nutr.Sc.), introduces practical solutions to CREATE long-term healthy eating habits that fit YOU! Wilson educates you on the differences between good and bad calories. And shows you how devious food manufactures and nasty food marketing experts trick you into thinking you re eating healthy, when you re not! LOW-FAT.Think Again! HEALTHY WHOLE WHEAT.Not true! ZERO CALORIES.What About The Hidden Sugars TRANS FAT FREE.Still Has Trans Fat! This Healthy Calories Whole Food Eating Guide Educates You On Healthy Calories To. *STRENGTHEN muscles, tendons, ligaments, and joints *CREATE new brain pathways to make you smarter! *PREVENT serious disease, pain, and heartache *REMOVE annoying creaks and cracks, aches and pain *UNCOVER massive energy *TRIGGER FAST FAT LOSS FACT - All calories are NOT created equal! .How many calories should you eat to lose weight? .How many calories are in.? .Which foods are my best choices? It s time to TAKE ACTION. Learn how to toss out the BAD calories and make room for the GOOD calories! Calorie Counting - Healthy Eating is your SOLUTION to PERMANENT weight loss, oodles of energy, and the muscle strength to soar through life challenges mentally and physically. YOU are important and so is your health. Take action today!.



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