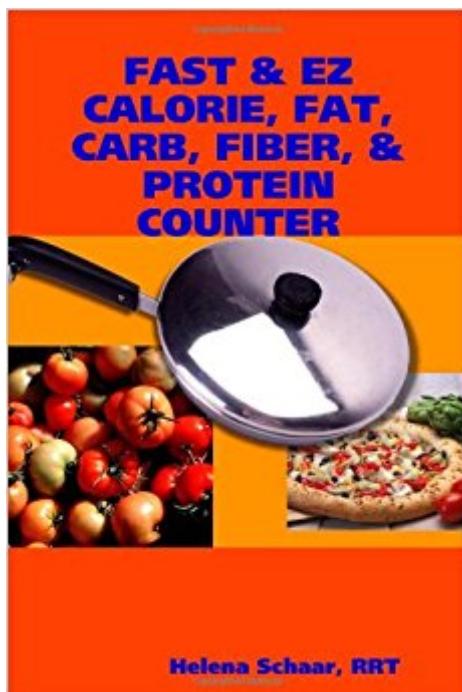


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# FAST & EZ CALORIE, FAT, CARB, FIBER, & PROTEIN COUNTER



## **Synopsis**

FAST & EZ CALORIE, FAT, CARB, FIBER, & PROTEIN COUNTER. The one and only book you need to optimize your health and manage your weight forever. Includes the awesome "EZ Fitness Guide" that will keep you fit for life. Explains all about calorie intake and expenditure, and how to burn calories faster. Safe, healthy, and simple weight management methods. Please read the preview to learn more about the book.

## **Book Information**

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## **Customer Reviews**

Helena Schaar is a licensed, registered, healthcare professional with over 15 years of experience. Helena works as a healthcare therapist, college faculty member, and medical writer with over 30 published articles and books.

I needed to count carbs and fiber. Once I got how this book was laid out, I find what I need to count. It's very helpful !

I went out and bought another book at the drugstore the next day. I gave this one to a friend who wasn't as interested in a wider variety of foods and restaurants.

A little big but useful. I am so used to the Calorie King book and its size but this offers the listing of all the items I needed while the Calorie King separates the fiber and protein in their own sections

and does not offer the many foods for those two.

Not as user friendly as I had hoped. But still not too bad. The information is good. When another counter does not have the information. This does

Disappointed. Did not realize it was published in 2004! Outdated with old USDA pyramid, plus all single foods listed in 3 oz portions not customary 4 oz. Other problems or omissions for those looking for Paleo info.

bought for my mom and it seems to be of great use to her.

THIS BOOK IS SO GOOD. YOU CAN COUNT YOUR CALORIES, CARBS AND FIBER VERY EASILY. I JUST LOVE IT BECAUSE IT IS SIMPLE TO USE AND PERFECTLY WRITTEN AND CORRECT.

I get better information on fitness pal. I tried to return but seller did not want back. Being donated to church sale.

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Negative Calorie Diet:Calorie Zero to Size Zero!: (Negative Calorie,Negative Calorie Diet,The Negative Calorie Diet,Negative Calorie Foods,Negative Calorie ... in a week,the negative calorie diet book) Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) FAST & EZ CALORIE, FAT, CARB, FIBER, & PROTEIN COUNTER Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness (Ideal Protein Diet,High Protein Diet,Perfect Protein Diet,Lose Weight,Protein Diet Plan) Easy Calorie, Carb, Fat, Fiber & Protein Counter Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) High Fiber Recipes: 101 Quick and Easy High Fiber Recipes for Breakfast, Snacks, Side Dishes, Dinner and Dessert (high fiber cookbook, high fiber diet, high fiber recipes, high fiber cooking) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate

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