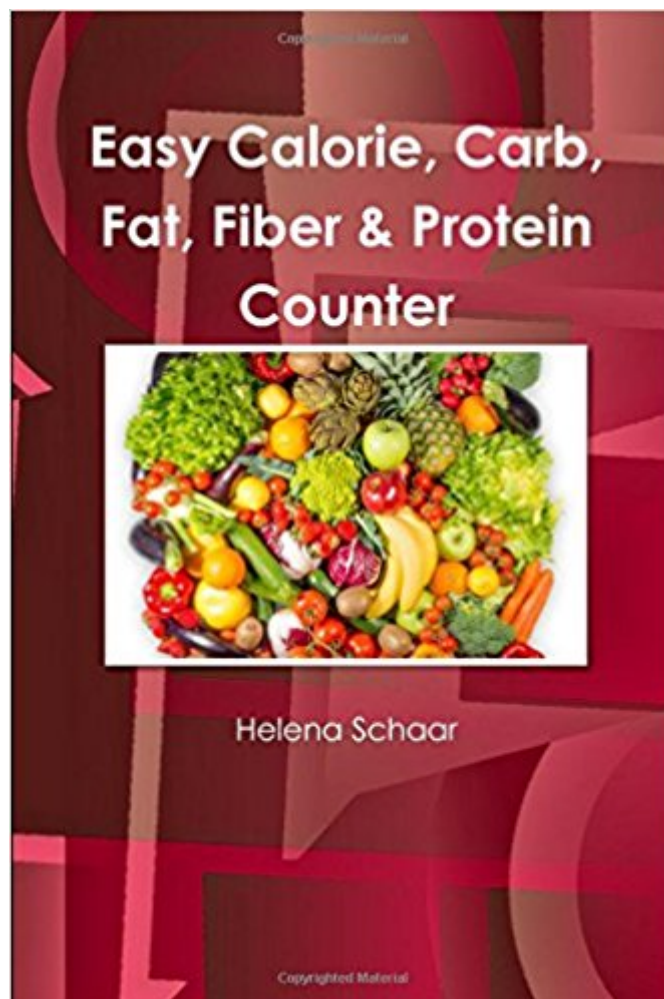


The book was found

# Easy Calorie, Carb, Fat, Fiber & Protein Counter



## Synopsis

A superior calorie & nutrient counter. Easy to use and comprehensive. Alphabetical listings for quick calorie, carbohydrate, fat, fiber, and protein counts. All your favorite foods, fast food restaurants, beverages & alcohol. Contains about 3,500 listings. Slim sized to fit in a purse or briefcase, or download to your favorite device in ebook format. The "Easy Lifetime Diet & Exercise Guide" is included inside in this book. Read all the secrets to safe, easy, effective, and permanent results in managing your weight. Included is information about understanding calories, calorie expenditure, lifestyle activity factors, and simple tips for achieving your fitness goals.

## Book Information

Paperback: 116 pages

Publisher: lulu.com (November 29, 2015)

Language: English

ISBN-10: 1329652673

ISBN-13: 978-1329652675

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 2.7 out of 5 stars 6 customer reviews

Best Sellers Rank: #619,443 in Books (See Top 100 in Books) #33 in [Books > Health, Fitness & Dieting > Nutrition > Fiber](#)

## Customer Reviews

Thanks

I needed individual and not complete dish evaluations. Having both not user friendly.

So difficult to use that I wonder how the author came up with the format for this book!

It's a shame the preview didn't have more basics from the book only supplying info on alcohol and beverages. I had to buy the book just to discover it was not what I wanted

Excellent complete calorie counter. Easy to use, and I can quickly find my foods. It's the only one I've found that includes fat, fiber, protein, and carbs as well as calories in a well organized format.

Confusing

[Download to continue reading...](#)

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) 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) Easy Calorie, Carb, Fat, Fiber & Protein Counter 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) FAST & EZ CALORIE, FAT, CARB, FIBER, & PROTEIN COUNTER 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: 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) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) DIY Protein Bars: 30 Delicious and Healthy DIY Protein Bars (diy protein bars, protein bars, high protein snacks) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Don't starve! How to fit into your old jeans in 7 days without starving with a Low Carb & High Protein Diet (low carb cookbook, low carb recipes, low carb cooking) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) High Protein Low Carb Cookbook:

Delicious High Protein Low Carb Recipes For Helping You Burn Fat Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)