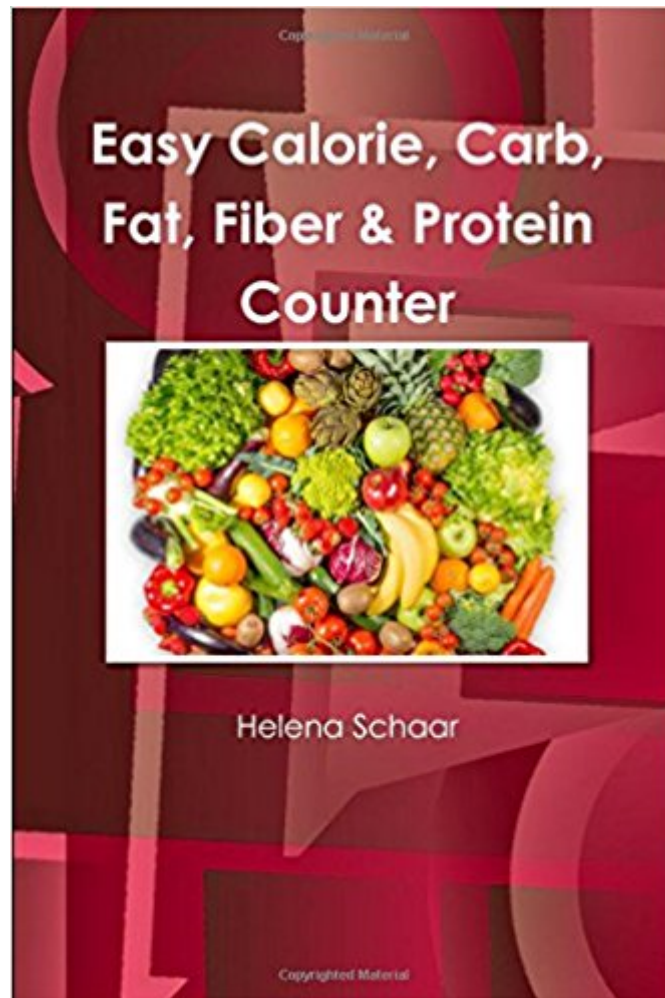




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Easy Calorie, Carb, Fat, Fiber & Protein Counter



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

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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

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