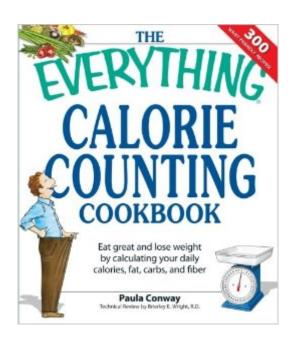
The book was found

The Everything Calorie Counting Cookbook: Calculate Your Daily Caloric Intake--and Fat, Carbs, And Daily Fiber--with These 300 Delicious Recipes





Synopsis

If counting calories makes you cringe, this easy-to-use cookbook is just what you need! Mix and match recipes to effortlessly map out your meals for a day, a week, or a month. Based on a 1,200-calorie-a-day diet, The Everything Calorie Counting Cookbook features 300 mouth-watering recipes for every occasion, from super suppers to sensible snacks, including:Banana Chocolate Chip Pancake WrapHoney and Cheese Stuffed FigsCreamy Potato SoupBeef FondueChili-Crusted Sea ScallopsChicken and Green Bean CasseroleSpicy Ranch Chicken WrapChocolate Chip Peanut Butter PieReward your taste buds while you count calories. You can have it all - and eat it, too!

Book Information

Series: Everythingà ®

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Average Customer Review: 3.5 out of 5 stars Â See all reviews (2 customer reviews)

Best Sellers Rank: #2,033,139 in Books (See Top 100 in Books) #103 in Books > Health, Fitness

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Food Counters #3020 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

Customer Reviews

I suppose in the book version not too bad but certainly for the Kindle usless! impossibe to reference backward and forward, having to use page button to find anything!

Love it.

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delicious recipes 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) Dana Carpender's NEW Carb and Calorie Counter-Expanded, Revised, and Updated 4th Edition: Your Complete Guide to Total Carbs, Net Carbs, Calories, and More Fat, Fiber & Low Sugar Cookbook: Give the Low Sugar High Fiber Diet a Chance - 40 Delicious & Healthy Recipes That Your Family Will Love Hungry Girl 300 Under 300: 300 Breakfast, Lunch & Dinner Dishes Under 300 Calories Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weigh loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) The Skinny Steamer Recipe Book: Delicious Healthy, Low Calorie, Low Fat Steam Cooking Recipes Under 300, 400 & 500 Calories Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods The Carbs & Cals & Fat & Fiber Counter (USA Edition): Manage your Diet & Diabetes with over 1,800 food & drink photos! Low Carb High Fat Cookbook: Bacon, Butter & Coconut Oil-101 Healthy & Delicious Low Carb, High Fat Recipes Perfect For the Paleo Diet, Atkins Diet, Low ... Paleo Cookbook, Gluten Free Cookbook) The Frequent Fiber Cookbook: Easy and Delicious Recipes and Tips for People on a High Fiber Diet Diabetic Cookbook (A Beginner?s Guide):: Quick, Easy-to-Cook Diabetes Diet for a Simple Start: High Fiber, Low Calorie, Carb and Cholesterol Cookbook: To Help Prevent and Reverse Diabetic Corinne T. Netzer Carbohydrate and Fiber Counter: The Most Comprehensive Collection of Carbohydrate and Fiber Data Available (Corinne T. Netzer Carbohydrate & Fiber Counter) Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Flber, Healthy Gut) The Mega Crockpot Recipes Box Set: Crockpot Recipes, Slow Cooker Recipes, Crock pot Recipes, Dump Dinner Recipes, Quick Meal Recipes: Over 300 All Time ... Recipes For You & Your family (99+1 Book 4) FAST & EZ CALORIE, FAT, CARB, FIBER, & PROTEIN COUNTER The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) The Glycemic Load Diet Guide: With High Fiber: High Protein: Complex Carbs: Low Gi Weight Watcher Point + Nutritious Recipes: Lose Weight Not Energy The New McDougall Cookbook: 300 Delicious Low-Fat. Plant-Based Recipes

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