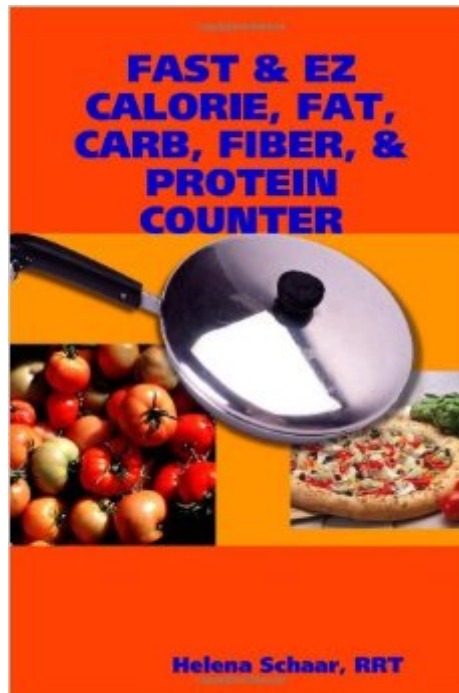


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# FAST & EZ CALORIE, FAT, CARB, FIBER, & PROTEIN COUNTER



## 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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Average Customer Review: 3.8 out of 5 stars [See all reviews](#) (31 customer reviews)

Best Sellers Rank: #840,105 in Books (See Top 100 in Books) #59 in [Books > Health, Fitness & Dieting > Nutrition > Fiber](#) #9538 in [Books > Cookbooks, Food & Wine > Special Diet](#)

## Customer Reviews

This is the best reference guide for counting calories, fat, protein, carbohydrates, and fiber that I have come across. Most nutritional counter books leave out at least one important category, but this one does not. Also, it provides as much information as large, bulky books. It even includes important dietary information about burning calories and nutritional guidelines.

This is definitely the best food counter I have ever seen. It is so easy to find everything with the alphabetical listings, and it is very thorough. Also, the diet plan is so easy to follow, I never knew it could be so simple to lose weight. It truly is fast and easy, yet safe and healthy following the USDA guidelines. No fad dieting or heavy exercise involved. I love this book!!!!!!!!!!!!!!

Great for finding the fiber count. Most books on this subject usually do not cover the fiber content of various foods. Fiber enables one to feel satisfied sooner or one can increase the volume of food consumed.

This, above all other books of this type, seems to have the best combination of information about foods generic & otherwise. I still am left to guess at some things. But, let's face it, if you have a piece of homemade chocolate cake, with chocolate buttercream frosting, you KNOW that the listing in a calorie counter will probably be lower than what you really consumed. Common sense, and an honest appraisal to what you're eating is necessary no matter what reference you use.

This is a handy calorie counter. The listings are logical, and it's easy to find your item. I find this very convenient.

Item helpful in setting up an understanding of calorie counting. I was especially interested in Protein counts. After a few weeks I was able to use it for new unfamiliar items rather than every item I was eating. Some basic common sense advice.

I have been buying Corrine Netzer calorie books for 15 years. Never dissapointed. I bought this book and it is worthless. It has so many fast food and brand names of products that you can get off the package. I can't imagine anyone buying this book and liking it.

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.

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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) FAST & EZ CALORIE, FAT, CARB, FIBER, & PROTEIN COUNTER DIY Protein Bars: 25 Simple Protein Bar Recipes For Making Quick Healthy Snacks. Learn How to Make Protein Bars in No Time (diy protein bars, protein bars, high protein snacks) Corinne T. Netzer Carbohydrate and Fiber Counter: The Most Comprehensive Collection of Carbohydrate and Fiber Data Available (Corinne T. Netzer Carbohydrate & Fiber Counter) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) DIY Protein Bars: Simple & Tasty

Homemade Protein Bar Recipes for Weight Loss, and Build Muscles to Replace a Properly Balanced Meal (Protein Bars, DIY Protein Bars, protein bars at home) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss 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) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Low Carb: Low Carb Diet for Beginners - How to Lose 7 Pounds in 7 Days with Low Carb & High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) 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 BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet BOX SET 3 IN 1: 30 Low Carb Snacks + 21 Low Carb Casseroles + 20 Low Carb Soups: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet. Slow Cooker Recipes: 25 Delicious Low Carb Dinners To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, ... Ketogenic Diet to Overcome Belly Fat)

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