

Carb Counter: A Clear Guide to Carbohydrates in Everyday Foods (New edition)



Filesize: 8.26 MB

Reviews

*If you need to adding benefit, a must buy book. It really is writter in straightforward words and phrases and not confusing. You will not feel monotonny at anytime of your respective time (that's what catalogues are for concerning if you ask me).
(Dr. Celestino Treutel)*

CARB COUNTER: A CLEAR GUIDE TO CARBOHYDRATES IN EVERYDAY FOODS (NEW EDITION)

DOWNLOAD



HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Carb Counter: A Clear Guide to Carbohydrates in Everyday Foods (New edition), Collins, The ideal companion to the hugely successful Gem Calorie Counter, this is a handy portable guide to carbohydrates in everyday foods. Perfect for those following the Fast Diet (5:2 Diet), Dukan Diet, Atkins Diet or other weight-loss diets. Clearly laid out tables give details of net carbohydrates per portion (slice, biscuit, apple) making it quick and simple to use. Reducing carbohydrates and following a high protein diet has become a popular and effective way of losing weight and keeping those extra pounds off. The interest in the Dr Atkins New Diet Revolution is clear proof of this. The key to following a high-protein diet is to control your carbohydrate intake. Collins Gem Carb Counter is a guide to the net carb contents of everyday foods. It also gives calories, protein and fat. Information is given per portion to make it easy to use. High protein, carb-counting diets are often referred to as a man's diet and this emphasis on portions rather than 100 g means that there is less working out involved. Boredom is often the downfall of the carb counter, so a section is included which gives suggestions for different meals: breakfast, lunch, dinner and snacks.



[Read Carb Counter: A Clear Guide to Carbohydrates in Everyday Foods \(New edition\) Online](#)



[Download PDF Carb Counter: A Clear Guide to Carbohydrates in Everyday Foods \(New edition\)](#)

Other eBooks

**Shadows Bright as Glass: The Remarkable Story of One Man's Journey from Brain Trauma to Artistic Triumph**

Free Press. Hardcover. Book Condition: New. 1439143102 SHIPS WITHIN 24 HOURS!! (SAME BUSINESS DAY) GREAT BOOK!!

[Save PDF »](#)

**Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age**

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age, David Dutwin, TV. Web Surfing. IMing. Text Messaging. Video...

[Save PDF »](#)

**Your Planet Needs You!: A Kid's Guide to Going Green**

Macmillan Children's Books, 2009. Paperback. Book Condition: New. Rapidly dispatched worldwide from our clean, automated UK warehouse within 1-2 working days.

[Save PDF »](#)

**Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success**

Brookes Publishing Co. Paperback. Book Condition: new. BRAND NEW, Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success, Eva M. Horn, Susan B. Palmer, Gretchen D. Butera, Joan A. Lieber, How...

[Save PDF »](#)

**A Dog of Flanders: Unabridged; In Easy-to-Read Type (Dover Children's Thrift Classics)**

Dover Publications, 2011. Paperback. Book Condition: New. No Jacket. New paperback book copy of A Dog of Flanders by Ouida (Marie Louise de la Ramee). Unabridged in easy to read type. Dover Children's Thrift Classic....

[Save PDF »](#)