



Dana Carpender's New Carb Counter: Your Complete Guide to Total Carbs, Net Carbs, Calories, and More (Revised edition)

By Dana Carpender

Fair Winds Press. Paperback. Book Condition: new. BRAND NEW, Dana Carpender's New Carb Counter: Your Complete Guide to Total Carbs, Net Carbs, Calories, and More (Revised edition), Dana Carpender, A low-carb diet is the best, most effective, quickest way to lose weight, and to keep that weight loss for life; unlike other diets it is simple, easy, effective and can be followed for life. Now fully revised and updated, the new version of "Dana Carpender's Carb Gram Counter" is available, and includes over 100 new pages of content, with popular brand name foods, fast food chains, restaurants. Each entry contains the serving size amount, calories, total carbs, fibre, net carbs, protein, and fat in the food - making it the perfect reference tool for dieters of all kinds. Better still, any foods with less than five grams of net carbs are featured in bold, so dieters can easily see those foods which are best for them. Also included are helpful low-carb eating tips, as well as great lists of low-carb snacks, treats, meal ideas, all from this authoritative author and low-carb guru. With this book, everything you need to lose weight, and keep that weight loss off, is at your...



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