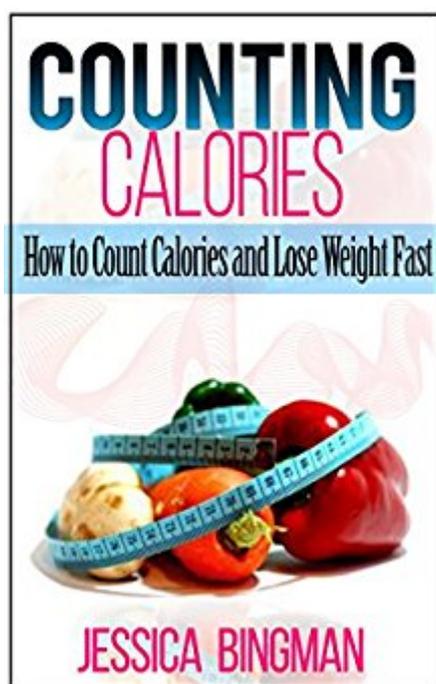


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# Counting Calories: How To Count Calories And Lose Weight Fast (Low Carb Food List: What To Eat While On A Low Carb Diet)



## Synopsis

Counting Calories: How to Count Calories and Lose Weight Fast Have you been wondering how many calories are in the food you eat? Are you ready to lose weight and be thin? Are you ready to start a low-calorie diet? If so, I can help! In my newest book, "Counting Calories: How to Count Calories and Lose Weight Fast," I give you tips on:

- How many calories you should be eating everyday
- The calorie counts in fruit
- The calorie counts in vegetables
- The calorie counts in different types of protein
- The calorie counts in alcohol and other beverages
- And much, much more!

A Preview on ways to count calories from the book:

- Vegetables with their calorie counts in one pound:
  - Alfalfa sprouts- 132
  - Artichokes- 60
  - Asparagus- 91
  - Beets- 195
  - Bell peppers- 112
- Fruit: Below there is a list of different types of fruits in alphabetical order with each of their calorie counts configured into one cup.
  - Apples- 65
  - Apricots- 38
  - Avocado- 234
  - Bananas- 200
  - Blueberries- 85
  - Blackberries- 62
- Cheese: All of the different types of calorie counts for the cheeses listed below are counted in one tablespoon.
  - American cheese- 44
  - Asiago- 20
  - Bleu cheese- 36
  - Brie- 30
  - Cheddar- 37
- Meat: All of the different types of meat, with their calorie counts are all calculated in one pound.
  - Duck (including meat and skin)- 916
  - Chicken (including meat and skin)- 499
  - Lamb shank- 581

More tips on counting calories from the book:

- Calorie counts of cooking oils
- Calorie counts of condiments and sauces
- Calorie counts of nuts and bread
- And much, much more!

As you can see, the tips I offer on counting calories are straight to the point. You won't be wasting your time sifting through a bunch of useless psychological jargon. NO! You're going to be learning from condensed information on exactly how to count calories and lose weight fast! Buy the book now while it is being offered at a low introductory price; you will be so glad you did!

Tags: counting calories, calorie counter, calorie calculator, how to lose weight fast, lose weight fast, calories, fat burning foods, how many calories to lose weight, low calorie meals, 1200 calorie diet, low calorie foods, quick weight loss, calorie intake calculator, calories to lose weight, calories in a pound, best foods for weight loss, daily calorie intake, calories per day, food calorie calculator

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## Customer Reviews

This is a fine book and takes you through calorie counting and what your body needs. It goes on to say what to avoid the most to help your body lose weight. This book covers all you need to know in a well laid out plan that is easy to follow with no wasted words. I can recommend this book to anyone who wants to lose weight by counting their calorie intake.

Eating more calories than your body needs is one sure way to gain weight and to avoid this, you need to know how to count your calorie intake. This book will help you with that. Great book - Highly recommended for people who want to lose weight fast!

Counting calories is a great idea when used in connection with keeping track of burning calories. As it was explained to me, in order to lose weight your body has to burn more calories than it takes in. This Kindle book is going to be a great help to me because all of the information for counting calories is contained in one book, rather than me having to search all over the internet for the number of calories I am eating.

I found this book to be full of wise advice that is easy to understand. Coupled with calorie-counting websites (like dietfacts.com and usda.gov) you can really learn how to take control of your weight. As the author stresses, exercise is very important to weight loss!

I was disappointed in that the quantities shown for vegetables was in pounds, and most people do not eat in that high a quantity, and it left out all the grains and breads. I was looking for a calorie

counter book and this was definitely not it.

I have heard so much about counting calories that i decided to give it a go,This book is a great guide to counting calories to lose weight,It clearly lays out the recommended daily intake and why we need to count calories.There are lists of foods and the calories in them and even lists of drinks and their calorie content.I am sure with this book I will finally lose that 10 pounds I'm carrying around with meThanks

Counting Calories is a wonderful help for all those people who are desirous of losing weight but find it difficult to count the calories from the recipes that they eat. The book is of immense help as it contains information about different low calorie and low carb diets as well. You can know the calorific count of different vegetables and fruits from this book.

I had a lot of fun reading this book. It is about a man who has the opportunity to get back at people who did him wrong. I liked hearing about the step-by-step details because that made it real for me. I thought the dialog was sometimes a little too "wooden" (or formal) for me. Every once in a while I would get confused because the beginning of a chapter was not marked, but I usually caught on quick. It was so nice to not have to deal with "their/there/they're" types of mistaken word spellings. Overall this was a nice book and I will be looking for more from this author.

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