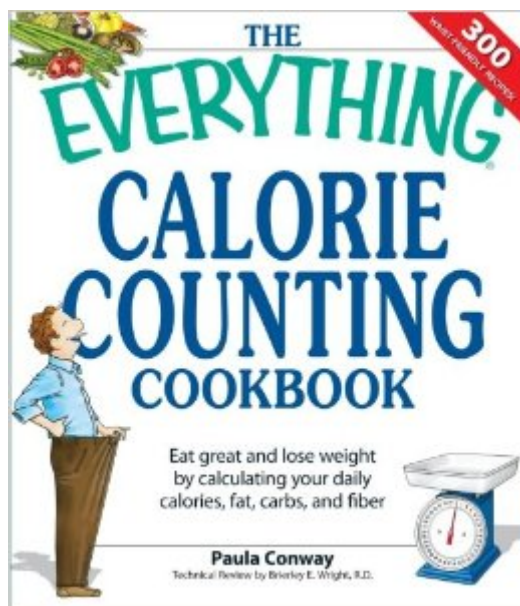


The book was found

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 Wrap, Honey and Cheese Stuffed Figs, Creamy Potato Soup, Beef Fondue, Chili-Crusted Sea Scallops, Chicken and Green Bean Casserole, Spicy Ranch Chicken Wrap, Chocolate Chip Peanut Butter Pie. Reward your taste buds while you count calories. You can have it all - and eat it, too!

Book Information

Series: Everything®

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Customer Reviews

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

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