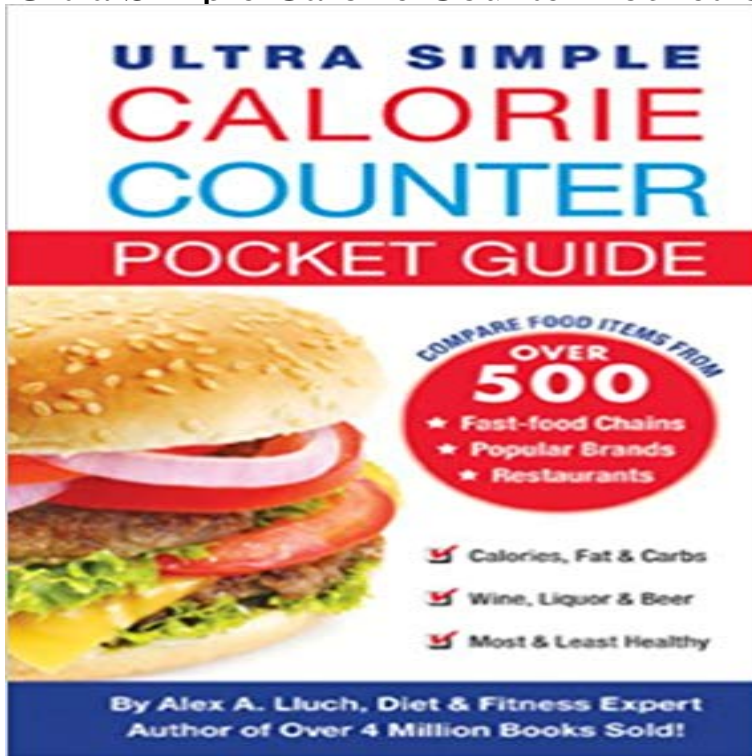


Ultra Simple Calorie Counter Pocket Guide



From the nations top-selling line of diet and health books by Alex A. Lluch comes the Ultra Simple Calorie Counter Pocket Guide, based on the top-selling Ultra Simple Calorie Counter & Diet Journal. Tracking calories, fat and carbs to lose weight has never been more convenient or user-friendly than with this book, which features nutritional information for more than 500 fast-food chains, restaurants and popular brands, and the most and least healthy menu options highlighted. Readers will find they lose more weight by tracking their intake with the Ultra Simple Calorie Counter Pocket Guide than they ever imagined possible!

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