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Love Your Diet Calorie Counter: Maximum Calories the Goldilocks Paradigm

By K Jr Alexander

Createspace, United States, 2012. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Apply the math and science of weight loss! Truth and proof! Here is a way to count calories based on your current weight! Learn the tricks of how to eat maximum calories and lots of food and still lose excess fat! Works beautifully! This diet strategy prevents hunger while melting away fat. You will weigh yourself everyday and write this in Your Daily Weight and Calorie Journal along with notes about your life and feelings. The math will show you how well it is working and will prove the effects of the wrong foods the next day with weigh-in! Unlike other calorie counters with impossible weights and measures, this one is designed for easy calculation for different amounts. Includes calories for Good Foods and Fast Foods. Also lists the protein amounts in foods so important to the dieter but missing in other calorie plans that are addicted to impossibly complicated carb counts leading to hunger and feelings of starvation. Includes a condensed summary of the Love Your Diet plan. Includes: How Many Calories, Height and Weight Tables, Stop...



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It is an awesome publication which i actually have ever read through. it had been writtern really properly and valuable. I found out this book from my i and dad recommended this pdf to discover.

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