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Allan Barusch
— Dietitian —
The Calorie King!

The Doctor's Pocket

Calorie **FAT** & Carb **COUNTER**



PLUS

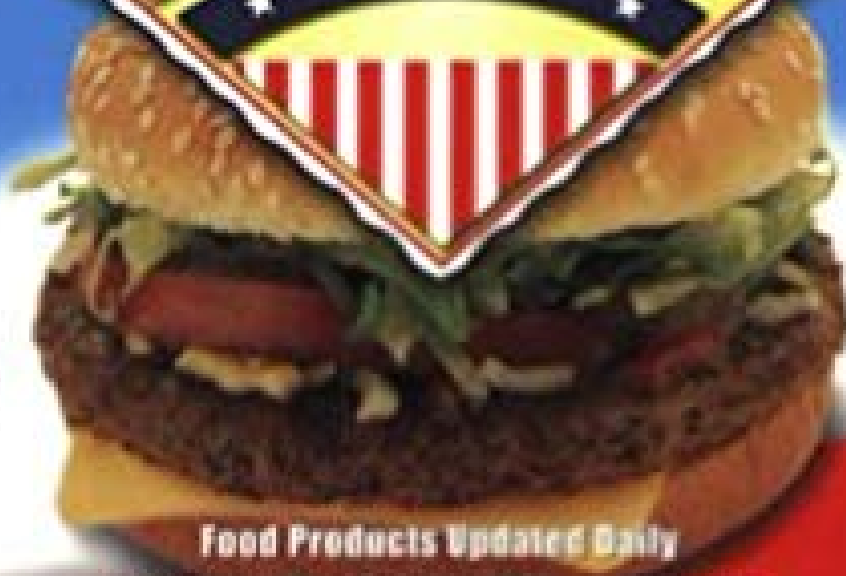
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www.CalorieKing.com

Allan Borushek

The Doctor's Pocket Calorie, Fat & Carb Counter



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Lists the number of calories, fat grams, and carbohydrates in basic, brand-name, and junk food.



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THE SOLUTION to My Weight Problem! After using it for just several days, I found myself saying over and over, "Now I KNOW why I'm obese! Finally, I decided to get severe and realize that I can't eat as much food as I'd like to for my fat burning capacity.. I've dropped 6 pounds in only two weeks, and I currently feel much better. I actually came to Amazon to locate a pocket calorie counter, and, according to the reviews, that one looked the best. It really is! I consider it with me all over the place now. It has most all the mainstream chain restaurants' menu items in it, and provides calorie, extra fat, and carb amounts. Thank You Amazon One Star Reserve was published about 10+ years back. However, for me, the real gem in it had been the mention of the calorieking.com site, where I visited and downloaded their 7 day free trial software. I started logging in everything I ate, and all the exercise I did for each day. Despite that, it's an excellent book if you're only going to have one book. Oddly, it was the simple answer I'd been looking for, and it's very easy to use. what's up with that? I was surprised though they didn't list even more items on the menu at Quizno's and Schlotzky's Deli, places you'd eat if you were watching your calories. I've tried most all of the well known "diets" which have surfaced over the years." Knowing, you can't "Un-KNOW", and that really changes what you're willing to consume. The book is indispensable if you eat out, as it opens your eyes there at the table as to what you're going to order. I recommend it highly. If you are overweight, tired of lying to yourself about the amount of food you're REALLY taking in, this is the book for you personally. Bless you, Calorie King! HOW MANY CALORIES, SUGAR, CARBS, SALT, Body fat, ETC IN YOUR FAVORITES. Great little book! I love this little book! In the beginning, there are excellent tips for maintaining a healthy lifestyle, which I really liked. Excellent quick reference guide I actually purchased this item in order to curb the amount of fast food I consume within my lunch breaks. And you'll never need to imagine how many calorie consumption are in simple foods like oranges or bananas. The reserve is very small - less than an in . thick and about 4 inches tall, so you can carry it in a purse, backpack, or briefcase easily. There is also a companion book, which I purchased - a meals and exercise journal that is super tiny and enables you to record 10 weeks of food and exercise. The Calorie King website can be helpful, including a sidebar that tells you how much exercise you'd want to do to work off the food you searched for - quite an eye-opener! It really is pretty attention opening to see the amount of fast food is bad for you and for that reason I've really cut back on my consumption. We am totally satisfied with my buy and I have used it continually since I purchased it. It's not only useful when counting calories, but by using the Calorie King strategies, I am more aware of the results of my eating activities. I lots 3lbs in a week employing this book. I highly recommend it. I AM A DIABETIC ATTEMPTING TO LOSE WEIGHT WHILE BEING ALLERGIC TO NUMEROUS FOOD AND HAVING A CONDITION THAT STOPS Me personally FROM Consuming SPICY FOODS. THERE'S SO MUCH INFO IN THIS LITTLE COMPACT BOOK YOU NEED TO SEE IT TO BELIEVE IT..."weigh packaged foods for actual weight. Look for Stuff THAT YOU THOUGHT YOU COULDN'T Have got! legal weight). Allow extra calories." It also has very small comic drawings at the bottom part of a few of the pages that will encourage you. WHAT'S Still left? There's a very interesting bar chart on different fat and oils and their percentage articles, saturated fat, mono. fats, omega 3 and 6, and water. It has just about every fast food and chain restaurant you can imagine. THIS BOOK EXPLAINED! It was really worth every penny I paid.. So, I made a decision to start counting calories, and exercising more. It had been so effective through the trial that I simply went back with their site today and purchased it. That'd be more useful information if you ask me than what's on the KFC menu or Burger King. It computes the calorie consumption for you, and according to the exercise you do this day time, it subtracts those calorie consumption from your total. Buy it. The book includes many well-known foods: from

food markets to restaurants to regional fast food places. JUNK FOOD GUIDES. The only negative thing concerning this book is that because of its small size, the print is very tiny, so if you have poor eyesight, like myself, it can be a really pain, squinting to read everything. SEE WHAT YOU MAY EAT AND STAY INSIDE YOUR GUIDELINES. The color guide helps the information you're looking for simpler to find at a glance. Of course, don't assume all item is listed, but you can get an over-all idea of just what a small fry order will probably cost you. HELPFULL BOOK FOR DIABETICS EXCELLENT FOR ALL THOSE WATCHING CALORIE OR CARB INTAKE. I found it perfectly organized and informative aswell, but I don't use that section as often. Overall, I'm happy with my buy and demonstrated it to everyone in my own office who have been impressed as well. The majority of the book targets food you can purchase at the supermarket. Particular SECTION FOR DIABETICS. This book is easy to go and has all sorts of interesting facts organized through the entire book, like. Cafe & It's great because it's small enough to fit in my purse, so I just throw it within and if I've a moment of weakness and find myself seated in a drive through, at least I could see what Never to purchase.! GOING OUT TO CONSUME... If I have it now, it's probably once a week compared to several times a week before. It can be up to 50% a lot more than the label net fat (min. FEEL JUST LIKE CHINESE? ITALIAN? SEE WHAT YOU CAN HAVE WITHOUT Sense GUILTY. IF I DIDN'T HAVE THIS Reserve, I'D BE MISSING OUT ON A LOT OF THINGS I CAN HAVE! the only book you will need This is a well-organized, compact, complete list of foods and their calories, fat and carb totals. In the rear of the publication, there's more information on sodium, fiber, protein, iron, and calcium counts, if that's important to you. The restaurant guideline is in the trunk, it lists lots of food values. Not really up to date Handy Excellent price. Good Book Good book for diabetics Carb counter This packs every thing in this book Great Product I have purchased several of these as they are the very best guide in the meals books. Even the older ones have become helpful because they are so thorough. Thank You Thank You You are everything you eat! For Real Just Like these Helpful Books for Newbies!! It's a huge eye-opener! IT WAS RECOMMENDED BY MY DIABETIC NUTRITIONIST IN FACT IT IS WELL Value THE SMALL PRICE. Three Stars It's ok.



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