

Based on the
New York Times
Bestseller

Copyrighted Material

As Seen on



THE BIGGEST LOSER

Complete Calorie Counter

The Quick and Easy Guide to Thousands of Foods
from Grocery Stores and Popular Restaurants

—As Seen on NBC's Hit Show!

Cheryl Forberg, RD, and *The Biggest Loser* Experts and Cast

Cheryl Forberg

The Biggest Loser Calorie Counter: The Quick and Easy Guide to
Thousands of Foods from Grocery Stores and Popular Restaurants-As
Seen on NBC's Hit Show!



[continue reading](#)

Now they can utilize the Biggest Loser Total Calorie Counter, a convenient reference that's poised to become the favourite weightloss tool for those working to shed. Because the publication of the brand new York Times best-selling publication The Biggest Loser, fans and visitors possess clamored for a reference that will supply the caloric content of a common foods. Building upon the groundbreaking achievement of The Biggest Loser brand, this addition to the brand new York Times bestselling book and follow-up cookbook will be a achievement with big losers everywhere! Timed to coincide with Period 3 of the wildly popular NBC display and the launch of The Biggest Loser Cookbook, THE LARGEST Loser Total Calorie Counter will end up being launched with the same type of high-caliber, NBC-supported advertising campaign that drove product sales on the New York Times bestselling publication, The Biggest Loser.



[continue reading](#)

Could Be Better I was amazed but the extent of meals that is listed in this reserve, unfortunately, most of it is useless. Without an accurate calorie count, I find that I find yourself estimating the calories in most foods, and generally estimate low. Three Stars helps Terrific book! Could have liked it to have a better layout Found it to become random and incomplete. Not outlined under dairy or under spreads. Looking for certain foods could take a while because the organization is not very great. Which do you think? For example, it offers the calorie consumption of a poultry thigh with or without skim, with or without bone, nonetheless it gives the calories of the natural chicken. The book also had wayyyyyy to very much filler. Really worth the cash for me. NOT HELPFUL We NEEDED A CALORIE COUNTER THAT COULD TELL ME WHAT Regular FOOD I POSSIBLY COULD EAT. THAT IS THE Key TO LOSING WEIGHT, VERY LITTLE SPECIAL HIGH COST Meals I NEVER HEARD OF BEFORE, LET ALONE HAVING NEVER EATEN Prior to. WHILE USING THIS COUNTER I MUST CONTINUE LINE TO RESEARCH THE FOODS THIS Publication DOES NOT HAVE LISTED. Good, however, not perfect. NORMAL FOODS , EVERT Time FOODS THAT FOLKS SHOULD EAT AND ARE AVAILABLE. Helpful and Easy to Use This book makes counting calories, protein, fat, saturated fats, sugar carbohydrates, fiber, and sodium easy. I would have trained with five superstars but, unbelievably, McDonald's isn't include in the "eating out" section. I came across that a lot of foods I wanted to find are not actually listed. S. but it's not in this book. Actually? You have Nathan's and Traditions (neither which I've heard about) but not a worldwide restaurant like McD. Extremely suspicious and makes this book less helpful for road warriors like me. Furthermore, in some cases it is impossible to get items, for example butter. The book is a great counter for calories. This book offers you wonderful information not merely for counting calories but for sugar This book offers you wonderful information not merely for counting calories but also for sugar, protein and almost anything else you are counting. Not as I expected. Could have liked it to get a better design, was hard to pinpoint where to look something u, is usually turkey under meats or poultry, (neither) ended up finding out about Jennio turkey on my phone. However, it is not at all complete and leaves much to be desired. The guide can also be somewhat tough to navigate, the order didn't seem to make very much sense, although Perhaps you could simply tag the pages for items you frequently eat. Counting calories may be the just way to lose weight. Still, I think you will get this info on the web and save the amount of money you'd devote to the book. JUST WHAT A SHAME AND ITS OWN A WASTE OF MY TIME. This is a fairly comprehensive calorie guide, especially for basic foods that could make up your daily diet (like fruits and vegetables and lean proteins, etc.) I found the fast-food restaurant manuals to end up being somewhat random and incomplete. Most popular areas were included, but often only a small collection of their menu was given. And several of the large nationwide chains weren't within (probably they couldn't get permission?). Many people still prepare at home and it appears most of the books, including that one caters to those that eat "out" for some of their foods. All-in-all of the I'd recommend this simply because a good pocket guide to transport with you when you are out, since it is little and light and does include a lot of information, even whether it's not perfect. I think the intention could be to only eat what is significantly less than 600 calories? The junk food section is very limited. I've noticed McDonald's in lots of foreign locations and in only about every city in the U. I might recommend going through the book to see what will be a good choice rather than searching for a food you like. Incomplete This book has many great tips and is geared more for the types of foods you "ought to be" eating. McDonalds isn't even in the publication and some factors I wanted info on at other places are not listed. Also discovered that the calorie depend on some food items is different that proven on the real package of this item. The other thing I had a hard time with is portion size on some

items. I wish to know how many calories per ounce of some stuff, but they were just listed according to cup or various other strange serving size. I enjoy the present and bought the publication for that reason. I don't think I would suggest this book because of its calorie counter portion, but the advice in the beginning of the publication is worth it. Aged fashioned but still true. Five Stars Delivered on time and as promised. Don't buy it Waste of money Don't remember buying this Idk ??? Five Stars love it One Star I was charged for this when I ordered it was free because i've kindle unlimited. Can't wait to learn this one! Five Stars This is a good book. Alot of advice. Easy to examine. There is a thorough section restaurant food, but show only a small part of the menu. Complete information. Terrific book! Detailed info.



[continue reading](#)

download free The Biggest Loser Calorie Counter: The Quick and Easy Guide to Thousands of Foods from Grocery Stores and Popular Restaurants-As Seen on NBC's Hit Show! ebook

download The Biggest Loser Calorie Counter: The Quick and Easy Guide to Thousands of Foods from Grocery Stores and Popular Restaurants-As Seen on NBC's Hit Show! pdf

[download Dignifying Dementia: A Caregiver's Struggle djvu](#)

[download Speaking Dementia ebook](#)

[download Desde el 6 de Diciembre: Nuestro Paso por Autismo... \(Spanish Edition\) djvu](#)