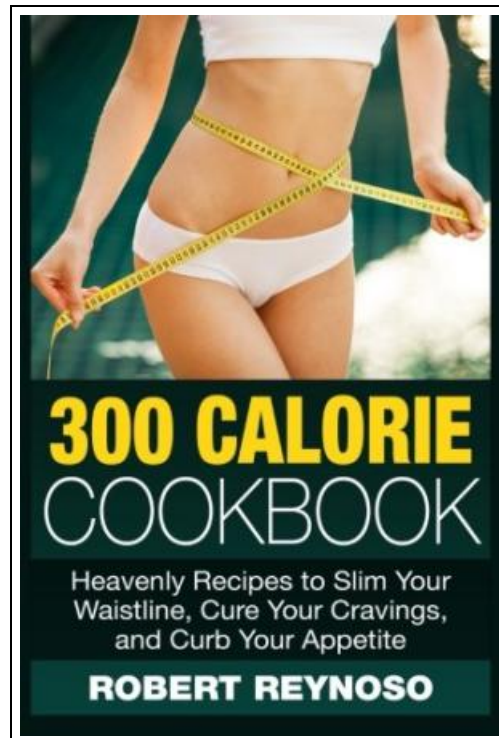


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Reviews

It is a single of my personal favorite ebook. It really is filled with wisdom and knowledge I discovered this book from my dad and i recommended this book to discover.
(Kyla Goodwin)

300 CALORIE COOKBOOK: HEAVENLY RECIPES TO SLIM YOUR WAISTLINE, CURE YOUR CRAVINGS, AND CURB YOUR APPETITE (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.You Can Eat Nearly Anything Good, As Long As It s In Moderation If you re anything like me you love a good snack here and there. But sometimes you re scared that the snack is too much, or will ruin your diet. Today s world complicates weight loss too much. It gets chalked up to organic food, macro counting, micro counting, etc. It s all so confusing for someone who doesn t have any experience in the field. Well, I can tell you from experience it s much simpler than people are making it. It s actually just basic math. Calories are what will cause you to gain or lose weight, and ensuring you are meeting or under your calorie count for the day is all you need to worry about! Let s say I have a daily calorie limit of 2500 for the day to maintain my weight. That means if I consume about 2300 calories worth I will lose about a pound.

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