



## Thorsons Calorie Counter (New edition)

By Lorraine Hunter

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Thorsons Calorie Counter (New edition), Lorraine Hunter, The perfect companion to fasting and following the 5:2 Diet. The Thorsons Calorie counter is easy to use and extremely comprehensive with over 4,000 products listed. Whether you are weight conscious, health conscious or just calorie conscious, this book is the ideal first reference for anybody following a calorie-controlled programme (i.e. Intermittent Fasting, 5:2 Diet or the Fast Diet). Comprehensive and easy to use, this guide contains everything you need to know about calorie counting. Divided into simple food sections, both branded and generic, this perennial bestseller includes: \* take-away foods and eating out \* ready-made meals, including brand names such as Sainsbury's, Boots, Waitrose and Marks & Spencer \* snacks \* ethnic foods \* drinks (both alcoholic and non-alcoholic) \* vegetarian foods Also included are useful facts about the fat, protein and carbohydrate content of the foods mentioned, plus a guide to estimating the content of foods that aren't listed. Designed with our real eating patterns in mind- taking into account the fact that most of us do not eat 3 square meals a day but eat and snack on the run- this book...



**READ ONLINE**  
[ 5.67 MB ]

### Reviews

*An extremely wonderful book with perfect and lucid explanations. This really is for those who stante that there had not been a worth reading. Your way of life span will be convert when you comprehensive reading this book.*

-- **Effie Douglas**

*Completely among the best pdf We have at any time study. We have study and i am sure that i am going to likely to read yet again once again in the foreseeable future. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Penelope O'Conner DDS**