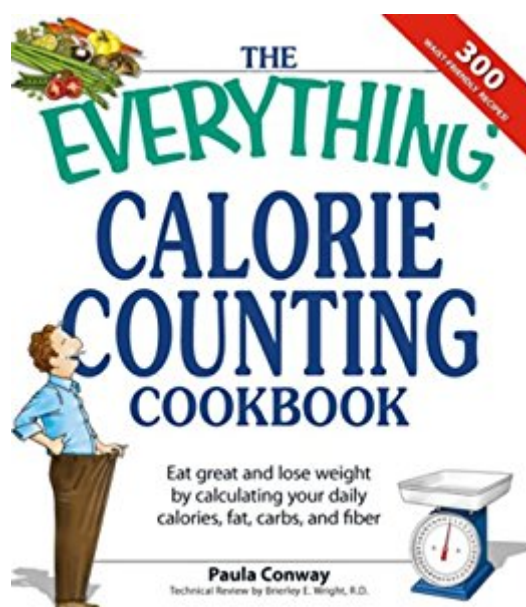


The book was found

The Everything Calorie Counting Cookbook: Calculate Your Daily Caloric Intake--and Fat, Carbs, And Daily Fiber--with These 300 Delicious Recipes (Everything®)



Synopsis

If counting calories makes you cringe, this easy-to-use cookbook is just what you need! Mix and match recipes to effortlessly map out your meals for a day, a week, or a month. Based on a 1,200-calorie-a-day diet, The Everything Calorie Counting Cookbook features 300 mouth-watering recipes for every occasion, from super suppers to sensible snacks, including: Banana Chocolate Chip Pancake Wrap, Honey and Cheese Stuffed Figs, Creamy Potato Soup, Beef Fondue, Chili-Crusted Sea Scallops, Chicken and Green Bean Casserole, Spicy Ranch Chicken Wrap, Chocolate Chip Peanut Butter Pie. Reward your taste buds while you count calories. You can have it all-and eat it, too! Paula Conway is the editor-in-chief of DElight! and Connected Living magazines, where her food column "Quick and Clever Meals" reaches 1.3 million homes. She is a former food critic for the New York Resident and has written about healthy living and mind/body detox programs for Good Housekeeping and Living Fit magazines. She has contributed to the New York Times, Boston Herald, New York Post, New York Daily News, The Robb Report, and In Style magazine, among others. Paula is the author of the bestselling book The Beauty Buyble and she hosts a weekly national radio show on Sirius Satellite Radio called "Paula Travels." Brierley E. Wright, R.D., is a registered dietitian with several years of kitchen and food service work experience. A graduate of the University of Vermont, she obtained her registered dietitian certificate before pursuing a master's degree in nutrition communication at Tufts University's Friedman School of Nutrition and Science Policy. She lives in Cambridge, MA.

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Customer Reviews

I suppose in the book version not too bad but certainly for the Kindle useless! impossible to reference backward and forward, having to use page button to find anything!

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