



Drop a Size Calorie and Carb Counter

By Joanna Hall

HarperCollins Publishers, United Kingdom, 2010. Paperback. Book Condition: New. 186 x 128 mm. Language: English . Brand New Book. The perfect companion to the 5:2 Diet. ITV's popular diet and fitness presenter Joanna Hall presents the perfect accompaniment to fasting programmes. This easy-to-use handy guide tells you the exact calorie, carbohydrate, protein, saturated fat, fibre, sugar and salt content of the foods you eat, helping you to lose weight and keep it off. Building on her bestselling titles Drop a Size in Two Weeks Flat and Drop a Size for Life Joanna Hall offers a handy reference guide to counting the calorie, carb, protein, saturated fat, sugar, salt and fibre value of the foods you eat. Divided into simple food sections, both branded and generic, this practical, easy-to-use guide includes: * take-away foods and eating out * ready-made meals, including brand names such as Sainsbury's, Waitrose, Asda, Safeway, Tesco and Marks and Spencer * snacks * drinks Broken down into food categories it is designed to use as you shop, aisle by aisle - with all the information you need to calculate your meals for fasting days.



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