



Counting Calories: A List of Low Calorie Meals with the Calorie Counts for Breakfast, Lunch, and Dinner (Low Carb Food List: What to Eat While on a Low Carb Diet Book 2)

Michelle Ross

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Have you been trying to lose weight, but you aren't sure what to eat? Have you been wondering how many calories you eat everyday? Are you sick of trying to lose weight by eating better, and you aren't sure why your weight hasn't gone down? Are you ready to start counting your daily intake of calories, to help you achieve your weight loss goals? If so, I can help!

In my newest book, "Counting Calories: A List of Food with the Calorie Counts for Breakfast, Lunch, and Dinner," I give you tips on how to:

- Count each calorie of food you consume for breakfast
- Count each calorie in the type of foods you eat for lunch
- Count every calorie you eat for dinner
- Count calories for different types of drinks
- Total each calorie intake for the entire day
- And much, much more...

Ways to count calories for breakfast and lunch from the book:

Breakfast

Half of an avocado contains 117 calories. Make an egg (70 calories) sunny side up. after cooking place the egg in the pit of the avocado and eat it with a spoon. Add salt and pepper to your liking.

Total calories: 187

Make an omelette with three egg whites (51 calories), one ounce of feta cheese (75 calories), and two cups of fresh baby spinach (14 calories).

Total calories: 140

Lunch

Make a sandwich out of a large cucumber (47 calories) by cutting it in half and partially peeling it. Spread a tablespoon of cream cheese (48 calories), add two slices of deli turkey meat(44 calories), and one tablespoon of chopped red onions (4 calories).

Total calories: 143

Make a wrap with a half a cup of hummus (180 calories), a whole wheat tortilla (80 calories), and a half of a cucumber (24 calories). Add more vegetables if you would like.

Total calories: 284

Ways to count calories for dinner from the book

Dinner

Brown rice with vegetables.

On the stove cook a ½ cup of brown rice (100 calories). Separately cook one large scrambled egg (70 calories), one cup of chopped broccoli (31 calories), one cup of sliced mushrooms (21 calories), chop one medium sized onion (42 calories), one cup of chopped carrots (49 calories), one cup of chopped zucchini (21 calories), and cook with one teaspoon of sesame oil (40 calories). Mix all ingredients together after cooking.

Total calories: 374

Grill one filet of boneless-skinless chicken breast (70 calories). Make a salad with two cups of chopped romaine lettuce (16 calories), one tablespoon of parmesan cheese (22 calories), and a half a cup of croutons (60 calories). Mix all of the ingredients together with one tablespoon of Ceasar salad dressing (78 calories).

Total calories: 246

As you can see, the tips I offer on counting calories are straight to the point. You won't be wasting your time sifting through a bunch of useless psychological jargon. NO! You're going to be learning from condensed information exactly how to count calories each day to lose weight fast.

Buy the book now while it is being offered at a low introductory price; you will be so glad you did!

Tags: Counting calories, how to count calories, how to lose weight fast, low carb diet, calorie counter, how to lose weight, diet plans, weight loss tips, best way to lose weight, calories burned, lose weight, losing weight, how many calories should I eat to lose weight, how many calories to lose weight, quick weight loss, 1200 calorie diet, diets that work, fast weight loss, low calorie foods, best diet, healthy diet, calories to lose weight

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From reader reviews:

Carol Castaneda:

Reading can called brain hangout, why? Because when you are reading a book especially book entitled Counting Calories: A List of Low Calorie Meals with the Calorie Counts for Breakfast, Lunch, and Dinner (Low Carb Food List: What to Eat While on a Low Carb Diet Book 2) the mind will drift away trough every dimension, wandering in every aspect that maybe mysterious for but surely can be your mind friends. Imaging each word written in a publication then become one form conclusion and explanation this maybe you never get before. The Counting Calories: A List of Low Calorie Meals with the Calorie Counts for Breakfast, Lunch, and Dinner (Low Carb Food List: What to Eat While on a Low Carb Diet Book 2) giving you a different experience more than blown away your mind but also giving you useful details for your better life with this era. So now let us present to you the relaxing pattern the following is your body and mind will likely be pleased when you are finished examining it, like winning a game. Do you want to try this extraordinary investing spare time activity?

Bryan Jones:

Many people spending their time frame by playing outside using friends, fun activity with family or just watching TV all day every day. You can have new activity to pay your whole day by looking at a book. Ugh, do you think reading a book really can hard because you have to use the book everywhere? It ok you can have the e-book, bringing everywhere you want in your Cell phone. Like Counting Calories: A List of Low Calorie Meals with the Calorie Counts for Breakfast, Lunch, and Dinner (Low Carb Food List: What to Eat While on a Low Carb Diet Book 2) which is finding the e-book version. So , why not try out this book? Let's observe.

Martin Williams:

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Dianna Weaver:

That book can make you to feel relax. This book Counting Calories: A List of Low Calorie Meals with the Calorie Counts for Breakfast, Lunch, and Dinner (Low Carb Food List: What to Eat While on a Low Carb

Diet Book 2) was multi-colored and of course has pictures on there. As we know that book Counting Calories: A List of Low Calorie Meals with the Calorie Counts for Breakfast, Lunch, and Dinner (Low Carb Food List: What to Eat While on a Low Carb Diet Book 2) has many kinds or category. Start from kids until adolescents. For example Naruto or Investigator Conan you can read and think you are the character on there. Therefore , not at all of book usually are make you bored, any it can make you feel happy, fun and relax. Try to choose the best book in your case and try to like reading in which.

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