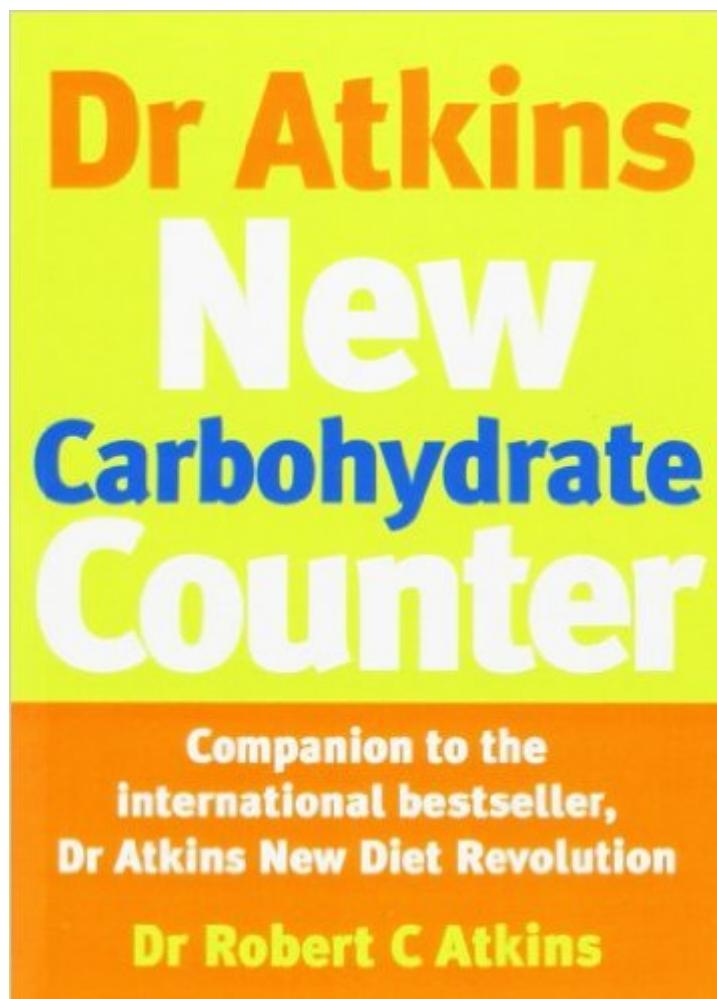


The book was found

Dr Atkins Carbohydrate Counter



Synopsis

The easiest way to count your carbs, no matter what diet you're on is with Dr Atkins New Carbohydrate Counter. Plan your daily or weekly menu by adding up all the carbohydrate grams in the foods you plan to eat. Pocket-sized, it is handy enough to take with you to the supermarket, or to make out your shopping list in advance. The Dr Atkins New Carbohydrate Counter: --Is guaranteed to work for all diets--Has over 1200 listings--Is now in a fully international edition --Lists grams of carbohydrates, protein and fat--Can be used for weight loss and maintenance

Book Information

Paperback: 112 pages

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Language: English

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Product Dimensions: 4.3 x 0.2 x 6.1 inches

Shipping Weight: 0.6 ounces

Average Customer Review: 3.0 out of 5 starsÂ ¤ See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #1,425,117 in Books (See Top 100 in Books) #201 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #30024 inÂ Books > Politics & Social Sciences > Sociology

Customer Reviews

If you're following a low carb lifestyle then this little book is one of the handiest tools you can have. Its good to be able to look up foods when shopping or eating out.

very old, very out dated information, totally wasted my money on this product. I actually threw it away! Don't buy it.

expected carb counts for more foods

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