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# CARB COUNTER: A CLEAR GUIDE TO CARBOHYDRATES IN EVERYDAY FOODS (NEW EDITION)



HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Carb Counter: A Clear Guide to Carbohydrates in Everyday Foods (New edition), Collins, The ideal companion to the hugely successful Gem Calorie Counter, this is a handy portable guide to carbohydrates in everyday foods. Perfect for those following the Fast Diet (5:2 Diet), Dukan Diet, Atkins Diet or other weight-loss diets. Clearly laid out tables give details of net carbohydrates per portion (slice, biscuit, apple) making it quick and simple to use...

### Read PDF Carb Counter: A Clear Guide to Carbohydrates in Everyday Foods (New edition)

- Authored by Collins
- Released at -



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## Reviews

*This ebook is definitely not effortless to start on studying but extremely enjoyable to read through. It can be loaded with knowledge and wisdom You will not feel monotony at whenever you want of your time (that's what catalogs are for concerning should you request me).*

-- **Vincenzo Collins**

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-- **Rhea Dare**

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