



## Calories Real Foods Diet (Paperback)

By K J R Alexander

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Count calories, choose real foods, and weigh yourself. This is the truth and proof of what you eat and its effects on your body. Meanwhile, processed versus natural are confused in today s food marketing strategies. Real natural foods are those the body can metabolize easily. Here is an approach that reveals the difference. Here is a powerful combination diet that proves itself in easy fat loss with a world of foods. No break-the-will tortures of lopsided eating, hunger, and potentially harmful, heavy exercise. Shows how to use calories to avoid hunger, not create it. No cold room and candles here. This is a comfort diet that works! Includes a food lists and a week s sample menus. Goes with the companion Calorie Counter by Love Your Diet, preferably the printed version, designed especially for this diet. More recipes and food preparation help are given in Sometimes Pasta which proves how favorite foods like bread and pasta can be used for weight loss.

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