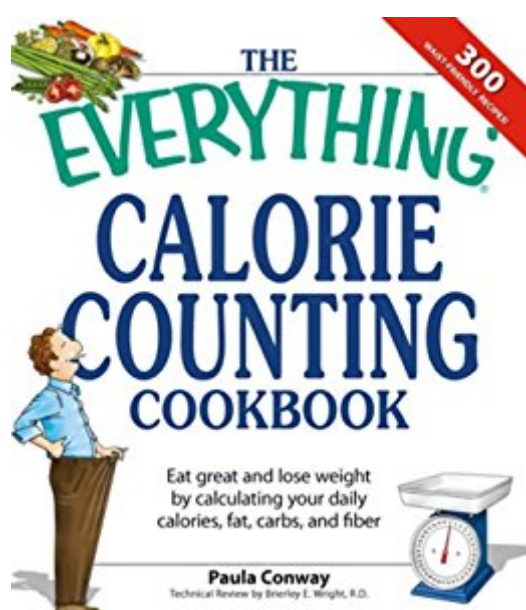


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The Everything Calorie Counting Cookbook: Calculate Your Daily Caloric Intake--and Fat, Carbs, And Daily Fiber--with These 300 Delicious Recipes (Everything®)



Synopsis

If counting calories makes you cringe, this easy-to-use cookbook is just what you need! Mix and match recipes to effortlessly map out your meals for a day, a week, or a month. Based on a 1,200-calorie-a-day diet, *The Everything Calorie Counting Cookbook* features 300 mouth-watering recipes for every occasion, from super suppers to sensible snacks, including: Banana Chocolate Chip Pancake Wrap, Honey and Cheese Stuffed Figs, Creamy Potato Soup, Beef Fondue, Chili-Crusted Sea Scallops, Chicken and Green Bean Casserole, Spicy Ranch Chicken Wrap, Chocolate Chip Peanut Butter Pie. Reward your taste buds while you count calories. You can have it all-and eat it, too! Paula Conway is the editor-in-chief of *DElight!* and *Connected Living* magazines, where her food column "Quick and Clever Meals" reaches 1.3 million homes. She is a former food critic for the *New York Resident* and has written about healthy living and mind/body detox programs for *Good Housekeeping* and *Living Fit* magazines. She has contributed to the *New York Times*, *Boston Herald*, *New York Post*, *New York Daily News*, *The Robb Report*, and *In Style* magazine, among others. Paula is the author of the bestselling book *The Beauty Buyble* and she hosts a weekly national radio show on Sirius Satellite Radio called "Paula Travels." Brierley E. Wright, R.D., is a registered dietician with several years of kitchen and food service work experience. A graduate of the University of Vermont, she obtained her registered dietician certificate before pursuing a master's degree in nutrition communication at Tufts University's Friedman School of Nutrition and Science Policy. She lives in Cambridge, MA.

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I suppose in the book version not too bad but certainly for the Kindle useless! impossible to reference backward and forward, having to use page button to find anything!

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