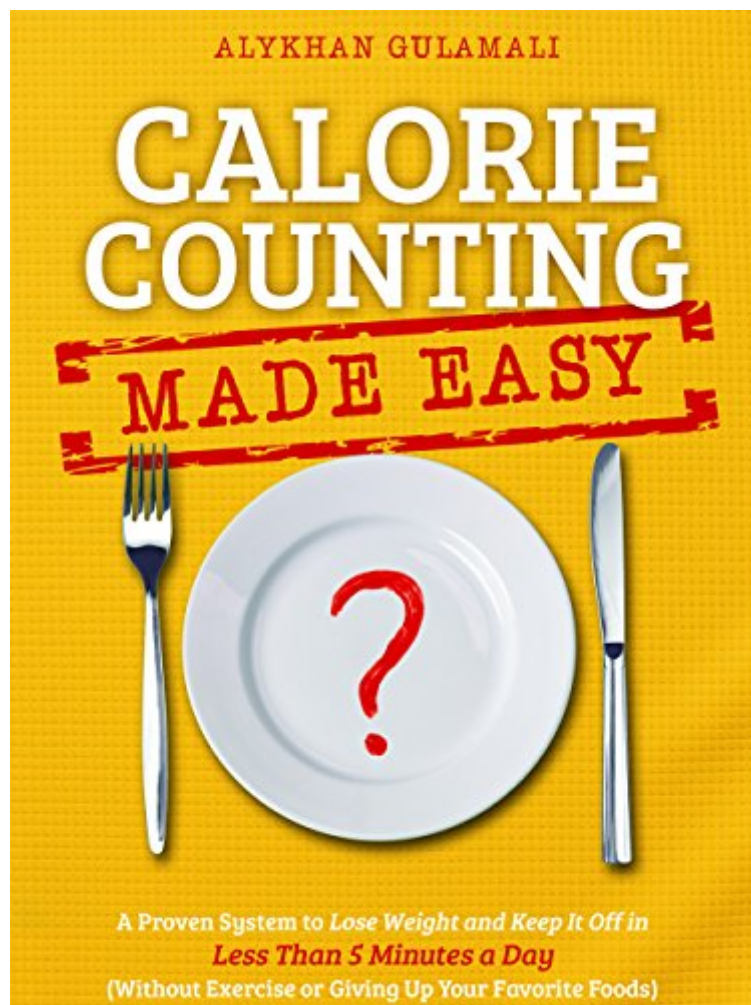


The book was found

# Calorie Counting Made Easy: A Proven System To Lose Weight And Keep It Off In Less Than 5 Minutes A Day (Without Exercise Or Giving Up Your Favorite Foods)



## Synopsis

Are you tired of tryingâ ”and failingâ ”to lose weight over and over again? Are you frustrated by fad diets that control what and when you can eat? Do you wish getting to your goal weight could be easier and less time consuming? What if I told you that there was a proven system to lose weight, that it would take you less than five minutes a day, and that you wouldnâ™t have to give up your favorite foods? It sounds too good to be true, but itâ™s not. And itâ™s not some crazy new diet, either. What is this magic bullet? Good old-fashioned calorie counting. Regardless of what many diet gurus will tell you, the one thing that really matters if you want to shed unwanted pounds is keeping calories in below calories out. Itâ™s as simple as that. And with programs like MyFitnessPal to help you track your food and exercise, counting calories has never been easier. In Calorie Counting Made Easy, you will learn why calorie counting is all you need for effective loss weight loss. Weâ™ll help you set reasonable weight loss goals and teach you how to track your food and log your exercise on MyFitnessPal. Our step-by-step instructions leave nothing to chance. Youâ™ll also get shortcuts to make calorie counting simple and quick. Along with tips for feeling full on fewer calories, youâ™ll have everything you need to finally reach your weight loss goals! Stop forcing yourself to follow a strict diet that controls what and how you eat. Eat the foods you like in reasonable quantities and watch the weight come off. Calorie Counting Made Easy has everything you need to get there.

## Book Information

File Size: 5261 KB

Print Length: 106 pages

Simultaneous Device Usage: Unlimited

Publisher: Archangel Ink (March 8, 2016)

Publication Date: March 8, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01CQ74UH8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #100,840 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #40 in Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts #270 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition #409 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Weight Maintenance

## Customer Reviews

This was a great read! As a healthcare professional and someone who earned college degrees in both kinesiology and nutrition, I was very impressed with both the educational content and the practicality of his method. Finally someone has taken the struggle of losing weight and made it a simple concept that includes the advancements of modern technology! I would highly recommend this book for anyone who wants to lose weight AND maintain that weight loss.

As a physician I've had numerous patients come to me over the years with questions about diets and weight loss. I always tell them that essentially it boils down to caloric intake and output. A February 2009 article from the New England Journal of Medicine by Frank Sacks and colleagues that compared several diets showed that "Reduced-calorie diets result in clinically meaningful weight loss regardless of which macronutrients they emphasize" meaning that it doesn't matter if you are going high-protein/low carb like the Atkins diet or trying to restrict sugar, or trying to avoid fat, what matters at the end of the day for effective weight loss is caloric restriction. This is why Alykhan Gulamali's book is so important and I believe will ultimately prove to be so effective. An awareness of the calories that you are eating is essential for weight loss, and this book teaches you count calories in a way that is quick and easy. I give it my highest recommendation. I. Daniel Benrubi, MD, MPH

Quick! Who's the name you trust in weight loss? That's right. There isn't one. That's what makes Alykhan's exciting new book so important. You can't trust people trying to make money of your insecurity, but you can trust the numbers, particularly when you are working them out yourself. Mr. Gulamali sets you free. Use his system and control your own fate, don't hope you can.

A very easy read. I'll admit, I'm someone who never really "watched" my weight, but no matter how much (or little) I eat, I can't seem to lose these last 5 stubborn pounds. I now feel like I have the tools needed to reach that goal!

Loved it! Alykhan takes a subject that can be very dry and made it fun using humor and a very conversational style. I finished reading it in about an hour and a half - it was a quick read. I've had the MyFitnessPal app on my iphone for about a year but never realized its full potential. Alykhan gives a lot of neat tips on how to use it effectively. Each chapter had an Action Step - I wasn't near a computer when I was reading it, so I haven't done the steps yet, but that's next! Great job!

Loved it. Simple concepts and easy to use. I most appreciated the very basic way the benefits and process were explained. Since suffering an ACL injury, my options for weight control/weight loss have been limited. Finding this straight forward approach has been super helpful in replacing my usual plan (soccer) of managing weight. Highly recommend this read!

Great tips on starting to count calories. The suggestions to spend a few minutes upfront customizing myfitnesspal will save a lot of time in the long term and help you stick with it. Visuals throughout make it really easy to see exactly what to do. Also liked the section on making this a habit and suggested apps/references throughout.

I love how Alykhan explains everything in this book so anyone can understand it and the humor he has added. Never thought I would laugh reading a book on weight loss. I have been using My Fitness Pal for a few months and didn't know how to use it to it's full potential, but thanks to Alykhan I have learned a lot about the program.

[Download to continue reading...](#)

Calorie Counting Made Easy: A Proven System to Lose Weight and Keep It Off in Less Than 5 Minutes a Day (Without Exercise or Giving Up Your Favorite Foods) Negative Calorie Diet: Calorie Zero to Size Zero!: (Negative Calorie, Negative Calorie Diet, The Negative Calorie Diet, Negative Calorie Foods, Negative Calorie ... in a week, the negative calorie diet book) How To Lose Weight Without Diet and Exercise: How To Lose Weight Without Moving: Rapid Weight Loss: The Lazy Person's Guide For Weight Loss Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Whole: The 30 Day Whole Foods Challenge:

Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) Low Carb Diet: Lose Weight Your Way with 23 Low-Carb Versions Of Your Favorite Comfort Foods: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat) Flat Belly Tea Cleanse: A Fast and Easy Approach on How to Lose Inches Off Your Waist, Boost Metabolism and Burn Excess Body Fat (7 day,tea cleanse,belly fat,diet,weight loss,lose,detox Book 1) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet,No carbs diet,Low Carbs food list,high protein diet,rapid weigh loss,easy way to lose weight,how ... way to lose weight,how to lose body fat)) 30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) A New Way to Win: How To Resolve Your Child Custody Dispute Without Giving Up, Giving In, or Going Broke 10 Day Green Smoothie Cleanse: Lose 15lbs with 10 Day Green smoothie diet For Weight Loss. Weight loss green smoothie recipes,green smoothies: Sip Up, Slim Down ! Lose upto 15 Lbs in 10 Days! Weight Watchers: The Top Weight Watchers Mistakes you NEED to Avoid with Step by Step Strategies for the Fastest Scientifically Proven Way To Lose Weight (Easy Smart Points Guide) Foods That Cause You to Lose Weight: The Negative Calorie Effect 21 DAY FIX: 30 Top 21 DAY FIX RECIPES with complete container count PREP IN 15 MIN OR LESS (21 day fix recipes, 21 day fix cookbook, 21 day fix book) Walk Your Way To Weight Loss 2nd edition: The Ultimate Guide On How To Lose Weight, Burn Fat & Stay Thin With Walking (Weight Loss, Exercise, work out, ... stay thin, energy, fitness, healing) Less is More : 7 Effective Tips to Declutter and Simplify for More Fulfilling Life: (How to keep your home clutter free, organized & simplified in 5 minutes a day)

[Dmca](#)