



The Ultimate Calorie, Carb, and Fat Gram Counter: Quick, Easy Meal Planning Using Counts for Your Favorite Foods (Fourth Edition)

By Lea Ann Holzmeister

American Diabetes Association. Paperback. Book Condition: new. BRAND NEW, The Ultimate Calorie, Carb, and Fat Gram Counter: Quick, Easy Meal Planning Using Counts for Your Favorite Foods (Fourth Edition), Lea Ann Holzmeister, This essential bestseller is back and even better - updated with nearly 1,000 more menu and food items! This all-new updated edition includes complete nutrition information on everything from fruits and vegetables to fast food and prepackaged/frozen meals. Includes an all-new section on gluten-free foods.



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