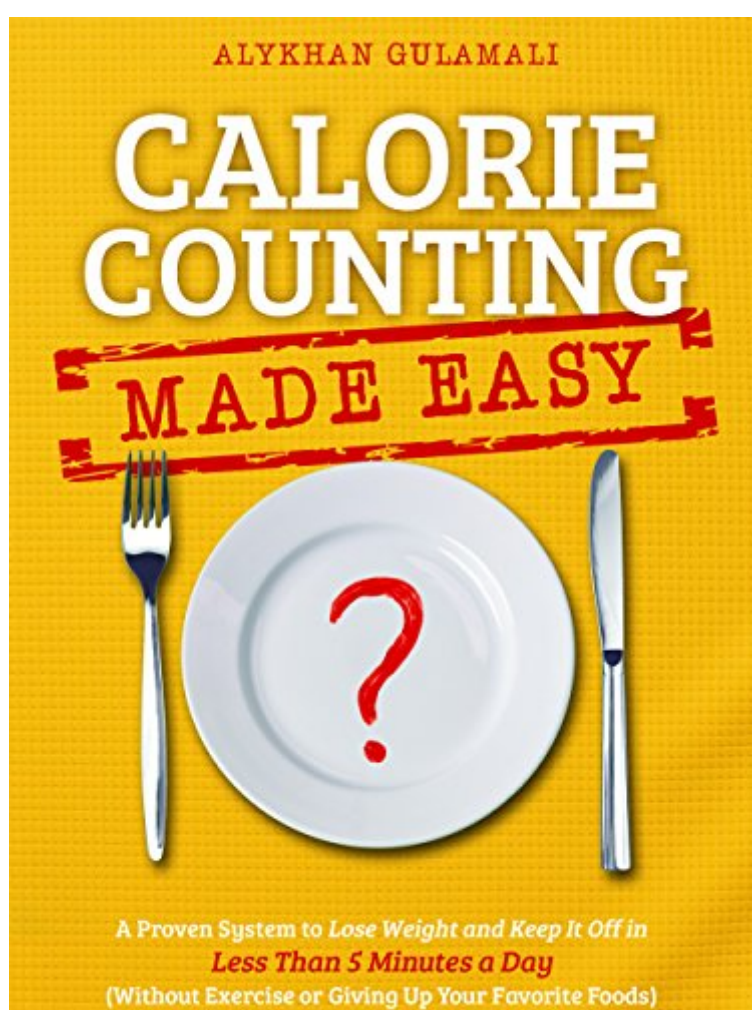


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# Calorie Counting Made Easy: A Proven System To Lose Weight And Keep It Off In Less Than 5 Minutes A Day (Without Exercise Or Giving Up Your Favorite Foods)



## 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

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## 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 its full potential, but thanks to Alykhan I have learned a lot about the program.

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