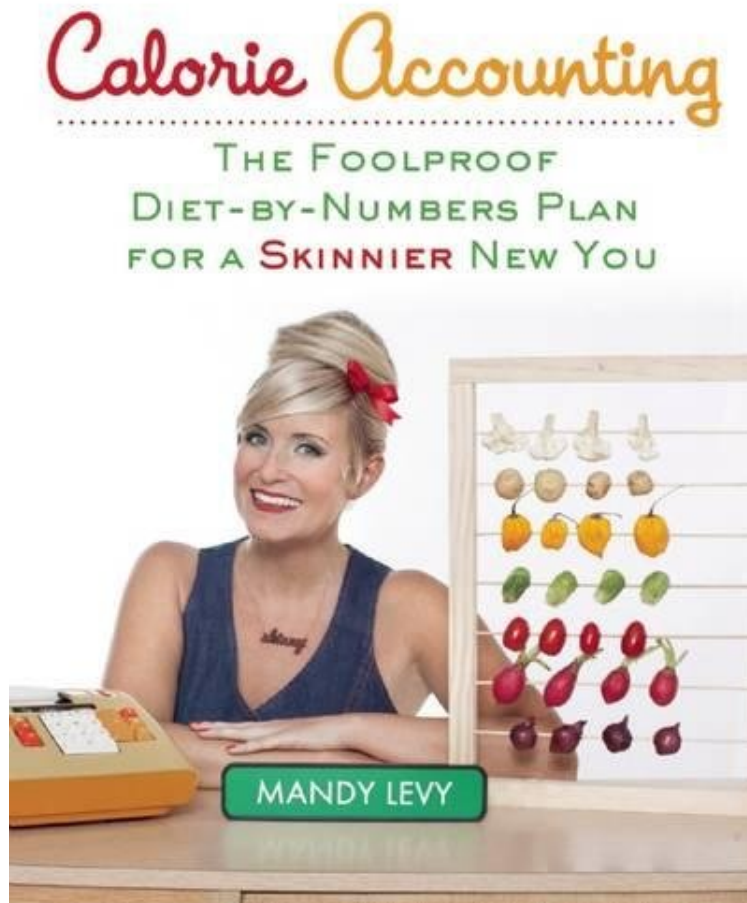


[FREE] Calorie Accounting: The Foolproof Diet-by-Numbers Plan for a Skinnier New You

# Calorie Accounting: The Foolproof Diet-by-Numbers Plan for a Skinnier New You

Mandy Levy

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**Mandy Levy : Calorie Accounting: The Foolproof Diet-by-Numbers Plan for a Skinnier New You** before purchasing it in order to gage whether or not it would be worth my time, and all praised Calorie Accounting: The Foolproof Diet-by-Numbers Plan for a Skinnier New You:

4 of 4 people found the following review helpful. She got me inspired I'm losing weight without any side effects. YEAH !By JoJoI've read pretty much all the fad diet books -- written by this or that doctor, specialist, body builder, coach, you name it -- and have tried pretty much all the fad diets. Inevitably, I would either not lose any weight, or I'd get horrible low blood sugar (headaches, insomnia, shakiness, crabbiness), or I'd get terrible vitamin and mineral deficiencies due to not eating a balanced diet.I've always known, deep down, that it's the calories.Well, I read Mandy's book (Kindle version) and she got me inspired to go for it. I signed up with FitnessPal.com (a great tool to help you track your calories), and in the 2 weeks I've been doing this, I've already lost 5 lbs. That includes the 2 lbs. that I gained back at a birthday party and then re-lost. No low blood sugar, no deficiencies. No headaches, nada. And I'm

eating foods that I enjoy. I've gotten used to eating less, so I get full faster. I'm feeling Just Fine and losing the blubber. I couldn't be more thrilled! I'm going to keep at it 'til I've lost all my flab. 5 of 5 people found the following review helpful. So funny, great diet advice, and awesome photos and illustrations! By E. Reh I just read Calorie Accounting cover to cover and I definitely give it 5 stars. The diet is simple and practical and the book itself is enjoyable to read. I actually laughed out loud several times - I don't think I've ever done that while reading a diet book before. The way Mandy writes, she sounds like a real friend. She is relatable and funny. Also, the photos, cute illustrations (one of these sausages is not like the others), and cool page borders add to the book's overall appeal. 4 of 4 people found the following review helpful. Laugh Your Way to Losing Weight! By Samantha HOLY CRAP!! (no pun intended - there's a hilarious chapter all about poop) Mandy Levy brings humor, entertainment, and logic to the all-too "heavy" world of weight loss. She's not a trainer or a nutritionist. Just a normal girl who wanted to look good and figured out a way that's actually kind of fun (and funny). If you need to lose a few and laugh while doing it, this is the book for you. Makes a great gift, coffee table book, and everyday weight loss companion. 5 stars!

Dieting is ridiculous. It's a never-ending roller-coaster ride of ups and downs, corkscrews and loop-the-loops, rattled brains and upset stomachs. Every day a new morning show nutritionist announces the latest yogalates pose or rare strain of kale designed to attack those stubborn ass dimples, but every day, no matter what new acai Kool-Aid you're drinking, your ass dimples are multiplying! It's not adding up, and it's time to do the math. Calorie Accounting is a fun and funny, cool and creative, visual and vibrant lifestyle how-to that delivers the skinny on the arithmetic of weight loss. Typically, there's nothing less enjoyable than being fat and preferring not to be, but Calorie Accounting finally allows us to cut the crap and face this thing head on with jokes, puns, humiliating photos, and self-deprecation! Because after all, in the all-too-heavy world of health and fitness, can't we afford to lighten up a bit? Calorie Accounting is a tried-and-true diet plan, developed, followed, and documented by Mandy Levy, your author and sarcastic best friend. Her been-there-done-that words and pictures will inspire, mentor, and guide you through your own weight-loss success story with step-by-step instructions and extended metaphors for: Checks and balances! Shopping! Shakin' that moneymaker! Recipes (for disaster)! And more!

About the Author Mandy Levy is an Emmy-winning writer, comedian, and karaoke enthusiast. She's gotten occasionally fat due to her love of cheese and parties, so she developed Calorie Accounting as an attempt to achieve and maintain a bangin' bod once and for all. Using the best practices from countless dieting efforts over the last fifteen years, something finally clicked, and she's here to share her riches with the world. Mandy splits her time between Brooklyn, New York (with her cat and her TV), and New Orleans, Louisiana (with her boyfriend and his TV).