



The 400 Calorie Fix Dining Guide

Liz Vaccariello, The Editors of Prevention

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The latest scientific research shows that the most straightforward way to lose weight--controlling calories--is consistently the most successful. The *400 Calorie Fix Dining Guide* makes it easy: Take control wherever you go with this dining companion. Chock-full of easy and insightful tips, this guide keeps you on track while you browse your options at a restaurant, buffet, bar, or other fun locale.

In the *400 Calorie Fix Dining Guide*, you'll find:

- Best 400 Calorie Meals at the diner, movies, ballpark, and more
- At-a-glance portion guides using the 400 Calorie Lens
- Mix-and-match foods to build your own 400-calorie meals

No matter where you go, there's a 400 Calorie Fix to slim and satisfy you!

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Robin Harvey:

The reason? Because this The 400 Calorie Fix Dining Guide is an unordinary book that the inside of the book waiting for you to snap it but latter it will surprise you with the secret this inside. Reading this book next to it was fantastic author who all write the book in such awesome way makes the content within easier to understand, entertaining technique but still convey the meaning fully. So , it is good for you because of not hesitating having this any more or you going to regret it. This amazing book will give you a lot of rewards than the other book have got such as help improving your ability and your critical thinking means. So , still want to delay having that book? If I have been you I will go to the publication store hurriedly.

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