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R.D. Lea Ann Holzmeister R.D.

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The Ultimate Calorie, Carb, and Fat Gram Counter: Quick, Easy Meal Planning Using Counts for Your Favorite Foods (Ultimate Calorie, Carb & Fat Gram Counter) R.D. Lea Ann Holzmeister R.D. 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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