

Flour Tortillas
Soft Taco

CarbCounter

0g NET CARBS PER SERVING*

60 CALORIES PER SERVING

MADE WITH
EXTRA VIRGIN OLIVE OIL

NO SUCRALOSE
OR ASPARTAME



8

TORTILLAS

NET WT 11.9 OZ (336g)

ZERO
net carbs PER SERVING

REFRIGERATE AFTER OPENING



CarbCounter



ZERO net carbs
PER SERVING

PRESS TO CLOSE

Net Carb Counter

Sheila Buff



Net Carb Counter:

Net Carb Counter Sheila Buff, 2005-06-28 Whether you're on Atkins South Beach Weight Watchers Sugar Busters the Zone or ANY of today's most popular weight loss programs the Net Carb Counter takes the guesswork out of shopping and meal planning by placing the essential net carb content information you need right at your fingertips [The Essential Net Carb Counter](#) Maggie Greenwood-Robinson, 2004-12-28 THE NUMBER OF NET CARBOHYDRATES YOU EAT IS THE ONLY NUMBER THAT COUNTS Anyone who follows a low carb regime knows how confusing counting net carbs can be Dieters are supposed to take the number of carbohydrates listed on nutritional labels and subtract the product's fiber and sugar content in order to get a net carbohydrate value But who has the time and patience Now for the first time dieters have access to a book that does all of the work for them In this one of a kind nutrition counter nutrition expert Maggie Greenwood Robinson Ph D has compiled helpful information on net carbohydrates as well as an extensive net carb counter section covering all of the major food groups and brand names So stop doing math at the supermarket This is the only reference you need to take control of the carbs in your life **Living the Low Carb Life Pocket Carb Counter** Jonny Bowden, 2004-12-30 From the author of the bestselling Living the Low Carb Life more than 100 000 copies sold comes an indispensable reference to help dieters maintain their controlled carbohydrate lifestyle both in the kitchen and on the go To stay on a low carb regimen dieters and others just trying to eat healthily need facts what's a good side dish to have with that fish Is it okay to order that delicious sounding special at the restaurant Certified nutrition specialist and bestselling author Jonny Bowden provides the information in a handy portable pocket guide to making smart carb conscious food choices It contains the net carb calorie protein fat and fiber counts for more than 2 000 foods as well as nutritional data for the new low carb products on the market Plus there's valuable information on sugar alcohols essential Omega fats the glycemic index and blood sugar levels and Bowden's own expert individual food recommendations Jonny Bowden M A C N S is a certified nutrition specialist a former personal trainer and the resident nutrition and weight loss expert on [iVillage.com](#) Author of Living the Low Carb Life Bowden also makes frequent appearances on television and radio shows runs a busy nutrition consulting practice in Los Angeles and can be reached via his website [JonnyBowden.com](#) **The Ultimate Carbohydrate Counter** Annette B. Natow, Jo-Ann Heslin, 2004-12-28 Two noted nutritionists help readers sort through the carbs that are best for them in this revised guide Contains more than 15 000 listings of brand name foods generic foods and restaurant selections with information on carb and sugar content and portion size Reissue **The Ultimate Carbohydrate Counter, Third Edition** Karen J Nolan, Jo-Ann Heslin, 2009-12-29 Diets dieting **Dana Carpender's Keto Fat Gram Counter** Dana Carpender, 2019-10-01 Need help figuring out what you can and can't eat on your keto diet Low Carb Queen Dana Carpender takes the guesswork out of knowing which foods are on or off the table with this handy little guide This book includes a comprehensive directory of total fat carbs protein fiber and calorie amounts for countless types of food from meat fruits and vegetables to popular packaged

and restaurant foods Also included are the best keto low carb tips from the Low Carb Queen herself This is a perfect quick reference to help you balance your macronutrients for a successful keto low carb intermittent fasting lifestyle Grab this little book and carry it in your purse pocket or briefcase and you ll never struggle to stay keto Keto Counter Ann Scripsmier,2019-03-12 Are you looking for a simple keto carb counter book without all the fluff Something easy to carry around with you Do you want to see the total carb counts as well as net carbs and fiber Do you want a book that is indexed so you can find what you re looking for on Kindle Are you more interested in the nutrition facts of common and homegrown foods versus items at fast food restaurants Keto Counter is a concise guidebook of common foods and their nutrition facts Net carbs are highlighted and placed in the forefront to assist those following a Ketogenic diet based on healthy fats moderate protein and low carbohydrates Total carbs net carbs fiber sugar fat protein sodium and calories are all accounted for Beneficial to those following the Atkins diet South Beach diet or any other low carb diet plan Included are a smidgen of Keto friendly recipes to try Order yours today Dr. Rahier's NEW Complete Carb Counter & Net Carb Counter For Atkins Diet, Keto Diet and Paleo Diet Rahier,2019-08-24 When you follow a low carb diet like the Atkins Diet the keto diet the paleo diet or another modern diet you will struggle to keep your carb counts within the strict limits recommended by your diet without having a reliable Net Carb counter This book is about giving these crucial information the total carb counts and the Net Carb Count of more than 7000 foods Limiting carbohydrate intake for weight control diabetes control as well as maintaining overall good health is a critical concept that is supported by numerous specialized researches More and more people gained awareness and insights on the importance to limit their carbohydrates intake to achieve a healthy weight prevent or control diabetes There is a general growing awareness that foods are not equal and that we must choose good carbohydrates healthy fats and good protein *Dana Carpender's NEW Carb and Calorie Counter-Expanded, Revised, and Updated 4th Edition* Dana Carpender,2009-12-01 Dana Carpender s NEW Carb Counter is a completely revised and updated version of the bestselling Carb Gram Counter It includes more than 100 pages of new content including new and popular brand name products fast food chains and restaurants Each entry contains the serving size amount calories total carbs fiber net carbs protein and fat in the food making it the perfect reference tool for dieters of all kinds Better still any foods with less than five grams of net carbs are featured in bold so low carb dieters can easily see those foods that are best for them and their health Also included are helpful low carb eating tips as well as great lists of low carb snack treat and meal ideas all from best selling author and low carb guru Dana Carpender With Dana Carpender s NEW Carb Counter in your pocket or purse everything you need to stay on track and at your healthiest is at your fingertips *The 5-Ingredient Keto Cookbook* Stephanie Pedersen,2021-11-30 Finally keto made simple for beginners With just five ingredients each these recipes are easy to prepare and delicious too Perfect for those new to keto Keto eating is a great way to lose weight lessen bloat boost energy and mental acuity and improve your sleep and mood However the diet can be complicated with many details to keep track of

and foods that must have just the right combinations of fat protein and carbs But in The 5 Ingredient Keto Cookbook author and nutrition consultant Stephanie Pedersen simplifies the process for newcomers to the diet with 100 high fat low carb recipes anyone can make These gourmet dishes including breakfasts lunches dinners snacks fat bombs and drinks as well as plenty of big batch and slow cooker options are designed with the macros you need to stay true to your plan Plus Pedersen gives you smart how tos sneaky keto tricks and more Nutritional counts are included with each recipe A day s keto menu may include Baked Avocado Breakfast Tacos Keto Hash or Rich Coconut Porridge for breakfast Yummy snacks like Crispy Cheese Squares Salami Chips Sweet Snow Balls and Nut Butter Fudge Keto Sliders Creamy Keto Bisque Deli Wrap or a Burrito Bowl for lunch Dinner options such as Lamb Shanks with Green Mash Eggplant Roll Ups Shrimp Scampi Pasta Bolognese and Salmon Steak Over Shredded Zucchini Sips and slurps including a Coffee Smoothie Keto Chai and a Citrus Cooler Also soups salads and staples like Make As Much As You Like Slow Cooker Chicken Make Ahead Bacon and Stay Fresh Guacamole

Healthy Carb Cookbook For Dummies Jan McCracken, 2011-05-12 According to USA Weekend over a quarter of the adults in the U S have tried a low carb diet Many people have enjoyed lasting success Others have felt mystified or deprived and given up Whether you re a first timer or a try try againer this book helps you get with the low carb program and stick with it Building on the success of Low Carb Dieting For Dummies it gives you loads of nutritional information plus more than 100 sumptuous low carb recipes like Crunchy Brunch Oatmeal Pecan Waffles Caribbean Chicken Chile Spiced Broccoli and Lemon Torte with Raspberries Low Carb Cookbook For Dummies includes A complete nutritional analysis for each recipe so you can t go wrong Lots of recipes for dishes with 5 carbs or less Recipes that de carb no nos like Southern fried chicken and Philly cheese steak sandwiches Recipes for soups seafood and meat dishes including pork chops lamb and steaks with a steak chart so you can chart a low carb course Recipes for great desserts including chocolate specialties and cheesecake Vegetarian recipes and crock pot specialties Terrific wrap recipes using lettuce tortillas or crepes Guidelines for eating low carb when you re dining out or brown bagging it Author Jan McCracken a health advocate and low carber for more than ten years has written two low carb cookbooks and is a contributor to numerous low carb publications Having fallen off the low carb wagon several times herself she alerts you to things that can sabotage your success and clues you in on carb counting and techniques that have worked for her You ll get started right with Mini courses on low carb math and on low carb nutrition and the glycemic index A shopping list for stocking a low carb kitchen The scoop on different kinds of carbs and artificial sweeteners Tips on using spices creatively for variety and flavor Advice on incorporating exercise including taking the first step and lots more steps with a pedometer Tips for reducing stress a common cause of bingeing With this information you won t be mystified With the fantastic recipes you won t feel deprived You will be inspired to stick to a low carb lifestyle one that can help you lose weight and feel healthier

Dr. Atkins' New Carbohydrate Gram Counter Robert C. Atkins, 1996-12-10 The companion to the New York Times best seller *The Atkins Shopping Guide* Atkins Health & Medical

Information Serv,2004-04-27 What should I eat and where can I find it Which products are the most Atkins friendly Are there hidden dangers in seemingly acceptable foods Now Food Shopping the Atkins Way is Easier Than Ever Whether you re one of the millions already losing weight and feeling great thanks to the remarkable Atkins Nutritional Approach or you are just discovering the healthy benefits of a low carb lifestyle shopping for food need no longer be a daunting process The Atkins Shopping Guide contains everything you must know to stock your pantry with the right foods while avoiding products devoid of nutrients and full of sugar and white flour With foods clearly arranged by category this indispensable handbook takes you aisle by aisle through the supermarket putting helpful information at your fingertips It also provides useful pointers for shopping at superstores and natural foods retailers all in a handy format portable enough to carry in your pocket or purse So throw away that misguided food pyramid chart and stop counting fat grams and calories With The Atkins Shopping Guide confusion about the right way to eat will be a thing of the past as you follow the proven Atkins path to healthy living

Corinne T. Netzer Carbohydrate and Fiber Counter Corinne T. Netzer,2006-04-25 If you re like the millions of Americans who are trying to eat right and stay healthy you know how important it is to keep track of the fiber and carbohydrate grams in your diet After all total carbs minus fiber net carbs With this all new reference from bestselling expert Corinne T Netzer you ll get the most authoritative nutritional information available on the foods you eat every day From the latest fast food items to ethnic entr es from gourmet and health foods to carb controlled pastas and high fiber baked goods here are the latest most accurate counts on a vast array of new products and old favorites brand name and generic foods So whether you re reaching for a preworkout snack or navigating the supermarket or health food store aisles whether you re trying to control your carbs or boost your fiber here is the book that helps you make informed choices about the foods you eat it s the ultimate reference for the health conscious consumer Your Carb Diary Shelagh Masline,2004-02-27 This personal diary for low

carb dieters allows them to track their carbohydrate intake day by day Includes information on the net carb and calorie content of basic foods fill in charts and a handy easy to use counter Original *Keto in an Instant* Jen Fisch,2020-01-07 From the bestselling author of The Easy 5 Ingredient Ketogenic Diet Cookbook comes an essential guide to making keto meals in the Instant Pot Bestselling author Jen Fisch knows that making lifestyle changes is challenging Several years ago she was suffering from multiple autoimmune diseases when her doctor suggested she try the keto diet Her first thought was That seems too hard and I don t want to give up my favorite foods But soon after a lot of trial and error and recipe testing and developing the single working mom figured out how to make a keto eating plan work for her and her daughter She turned her tips and recipes into a hugely successful blog Keto in the City and later included them in her cookbooks Today Jen is an established authority in the keto community and regarded as a trusted expert In her new cookbook Keto in an Instant Jen explores one of the time saving cooking tools her audience loves most The Instant Pot Keto in an Instant features more than 80 recipes that make use of the pressure cooker spanning every meal of the day From hearty dishes like Short Rib Ragu

Shredded Brisket Bowls and Chicken Parm Meatballs to soups and stews like Buffalo Chicken Chowder Lasagna Soup and Coconut Shrimp Soup to treats like Blackberry Pudding Cupcakes Maple Bacon Pancake Bites and Strawberry Cinnamon Rolls Jen offers healthy and delicious dishes that every member of the family can enjoy without feeling deprived In addition to healthy mouthwatering recipes Jen shares her personal success story the key principles of keto and a comprehensive guide to foolproof cooking with the Instant Pot She makes the keto lifestyle simple delicious and budget friendly for everyone

Easy Keto In 30 Minutes Urvashi Pitre,2019-12-31 All new easy keto recipes from the author of the best selling The Keto Instant Pot Cookbook Interest in the keto and low carb diet continues to sweep the country as people are finally achieving weight loss success and keeping the weight off but it can still be difficult to find recipes easy enough to get on the dinner table after a long day at work Urvashi Pitre author of the best selling The Keto Instant Pot Cookbook who lost an incredible 80 pounds following a low carb keto diet understands the struggles well She has raised two sons and she runs her own company so she knows how hard it can be to keep on track with healthy cooking night after night She also knows that it s nearly impossible to stick to a diet plan if the recipes don t taste great Urvashi has become famous for her delicious and impeccably tested recipes and this book will deliver the same with flavor packed dishes like Broccoli Cheddar Soup Chicken Sate with Peanut Sauce Beef Enchilada Casserole and even desserts like Lemon Pound Cake to satisfy your sweet tooth all ready in 30 minutes or less *Carbs, Fat, & Calorie Counter* Sweetwater Press,2005 [Foods That Combat Diabetes](#)

Maggie Greenwood-Robinson,2010-11-23 Approximately 17 million Americans live with diabetes a full 7 percent of the population In recent years huge strides have been made in the treatment of the disease yet one method stands out from all the rest in its ease and effectiveness food This accessible guide offers many type 2 diabetes sufferers a natural and effective way to control the levels of insulin in their bodies without injections and medication and helps those who are genetically or constitutionally at risk to avoid the disease Everything you need is here An easy to use nutrition counter covering more than 3 000 foods broken down by their diabetes fighting nutrients Detailed strategies for eating out or cooking in with menus and mouth watering recipes The latest research findings and answers to important health questions written in plain easy to understand language And much more **The Atkins Essentials** Atkins Health & Medical Information Services,2009-03-17 The must have companion to the 1 New York Times bestseller Dr Atkins New Diet Revolution featuring the Atkins Nutritional Approach a celebrity favorite diet perfect for losing weight before your wedding or to bounce back into shape post baby or if you just want to look and feel your best Millions of people around the world have already discovered the Atkins Nutritional Approach and the remarkable benefits of controlling carbohydrates Now it s even easier to join the revolution lose weight and get healthy the proven Atkins way With less of the underlying science and more practical information The Atkins Essentials gets to the meat of the most popular and effective weight control program ever providing the basic skills necessary to enable you to lose and keep losing unwanted body fat and to keep it off forever Providing clear concise answers

to your questions and concerns The Atkins Essentials is ideal for anyone seeking a healthier lifestyle For those new to Atkins it is a quick and effective way to get started and for those already on the program it offers indispensable tips on eating out stocking your pantry and more Simply put it is Atkins made easy The ABCs of doing Atkins An effective two week launch into weight losing mode Personal modifications to slow or speed weight loss Helpful listings of acceptable and unacceptable foods Fourteen days worth of delicious controlled carb eating And much more So get ready to look great and feel great the Atkins way it s easier than ever before

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