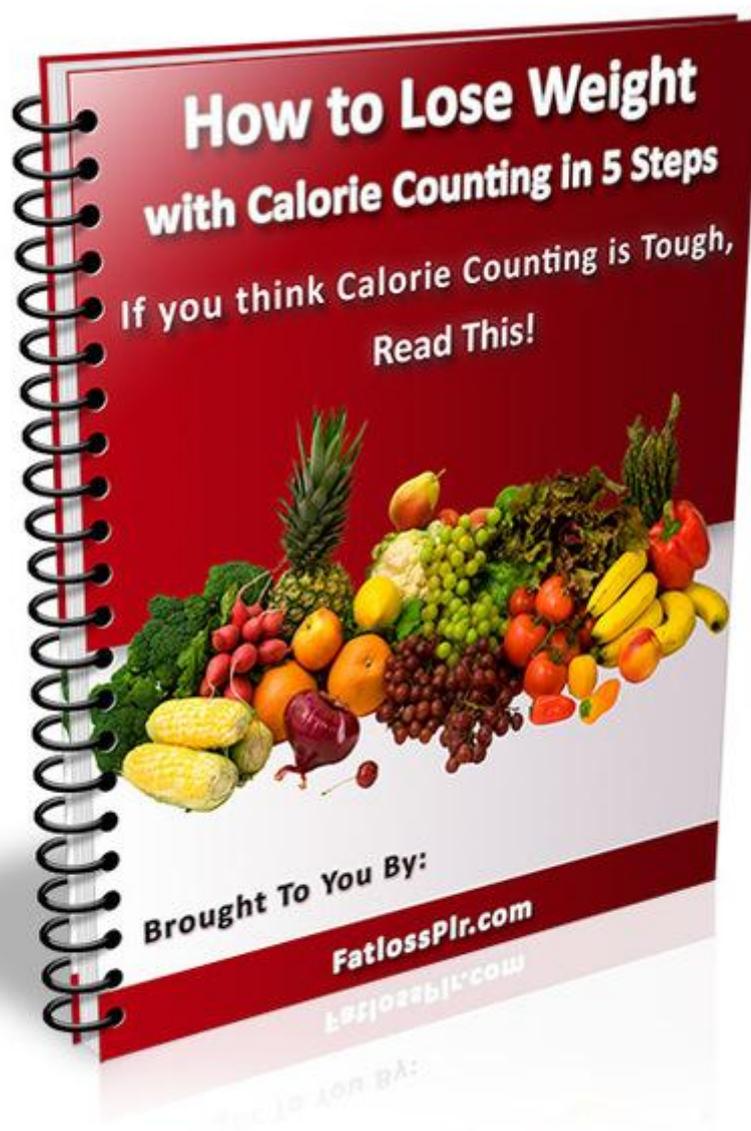


How To Lose Weight With Calorie Counting In 5 Steps-with Plr



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Purchase Private Label Rights to: How to Lose Weight with Calorie Counting in 5 Steps! You will receive the main PLR Report in .DOC and .TXT formats. You will receive the graphics in .JPG and .PSD formats. Report Word Count is: 2,181 Words. Report Description: When it comes to Weight Loss, calorie is everything. Unless you keep your calorie intake in check, you can NEVER expect to lose weight. Unfortunately, most people find calorie counting a tedious and time-consuming task. This report will tell you how to count calories in 5 EASY Steps and lose weight! Table of Contents: Step 1: Know What You're

Dealing With Step 2: How Many Calories Do You Need Each Day? Step 3: Choose How Many Calories to Cut and Learn How to Read Labels Step 4: Controlling How Much You Eat Step 5: Tracking Your Daily Caloric Intake Here is a sample extract from my PLR report:

-----xxxxxxxxxxxxxxxxxxxxx----- A healthy calorie driven diet should allow for 250 to 500 calories to be shaved off each day. So if your normal calorie intake is supposed to be 2750, consider lowering that amount to 2500 or 2250 for the best results. Under no circumstances should you cut your calories below 1200 per day, even if your daily calorie needs are very low. Once you've decided on how many calories you want to eliminate from your diet, you need to learn how to properly read the nutritional labels found on nearly all foods. Known in the United States as the Nutrition Facts label, this is a standardized measure designed to help people learn the various amounts of calories, fats, carbohydrates, and other nutritional content in a given serving size. All boxed and bagged food will have this label and some supermarkets will even post labels for their fruits, vegetables, and meats as well. There are two important things you should notice on a Nutrition Facts label. The first is the serving size. This tells you exactly how much of the food contains the amounts of nutritional content specified in the label. The serving size can range from anywhere between a small morsel to the entire box.

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