



# The 100 Calorie Diet And Food Counter & The Ultimate Collection of 100 Calorie Cookbooks

*Tammy Trimble, Susie Trimble*

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Wow! You won't believe what we did this year! We combined The 100 Calorie Diet and Food Counter with all the companion 100 Calorie Cookbooks and Counters and put it all together in this mega 100 Calorie Diet Book! Now you will discover hundreds of delicious, nutritious, absolutely scrumptious 100 Calorie Recipes in one gigantic book! What 100 Calorie Cookbooks and Counters will you find in this amazing book?

Yes! 100 Calorie Cocktails Highballs and Frozen Drinks!

Yes! The 100 Calorie Cookbook!

Yes! The 100 Calorie Casserole Cookbook!

Yes! The 100 Calorie Comfort Foods Cookbook!

Yes! The 100 Calorie Cookie Cookbook!

Yes! The 100 Calorie Food Counter!

Yes! The 100 Calorie French Cookbook!

Yes! The 100 Calorie Pizza Cookbook!

Yes! The 100 Calorie Restaurant and Fast Food Counter!

Yes! The 100 Calorie Sandwich Cookbook!

Yes! The 100 Calorie SKINNY Soup and Stew Cookbook!

If you haven't tried The 100 Calorie Diet, now is the time to begin! We are very happy to be working with you towards your goal of a happy and healthy life. The 100 Calorie Diet reveals an entirely new, exciting and easy way to lose weight. No more counting carbs, no more egg white omelettes, no more rice cakes, no more tofu burgers. The 100 Calorie Diet is designed for those people who truly love to eat! You will be able to eat anything you want and still lose weight. Really! We are so thrilled to share with you the secrets of The 100 Calorie Diet.

The 100 Calorie Diet is very easy to follow. The 100 Calorie Food Counter was created to simplify calorie counting and is user friendly. All foods listed in the counter show the amount of that food you can have for about 100 calories. In the counter you will find a complete listing of all foods, entrees, side items and sandwiches in addition to thirty eight popular fast food and dine-in restaurants.

Inside these pages are real answers to real problems. We will delve into the issues all overweight people live with every day. You will gain insight as to how your everyday habits, thoughts, behaviors and obsessions

form the person you are today. You will discover a new way of eating that will automatically solve your weight problem.

Your new life awaits you. Step out of your old world and step into a new beginning. We wish you much success on your new path to health, love, beauty and happiness!

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