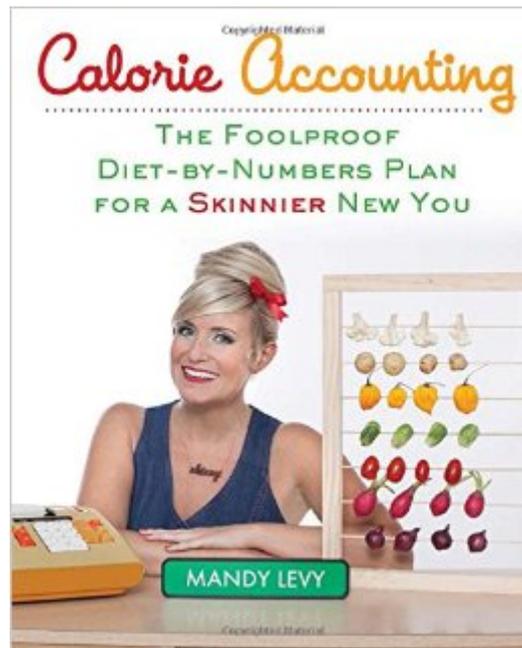


The book was found

Calorie Accounting: The Foolproof Diet-by-Numbers Plan For A Skinnier New You



Synopsis

Dieting is ridiculous. It's a never-ending roller-coaster ride of ups and downs, corkscrews and loop-the-loops, rattled brains and upset stomachs. Every day a new morning show nutritionist announces the latest yoga pose or rare strain of kale designed to attack those stubborn ass dimples, but every day, no matter what new acai Kool-Aid you're drinking, your ass dimples are multiplying! It's not adding up, and it's time to do the math. Calorie Accounting is a fun and funny, cool and creative, visual and vibrant lifestyle how-to that delivers the skinny on the arithmetic of weight loss. Typically, there's nothing less enjoyable than being fat and preferring not to be, but Calorie Accounting finally allows us to cut the crap and face this thing head on—with jokes, puns, humiliating photos, and self-deprecation! Because after all, in the all-too-heavy world of health and fitness, can't we afford to lighten up a bit? Calorie Accounting is a tried-and-true diet plan, developed, followed, and documented by Mandy Levy, your author and sarcastic best friend. Her been-there-done-that words and pictures will inspire, mentor, and guide you through your own weight-loss success story with step-by-step instructions and extended metaphors for: Checks and balances! Shopping! Shakin' that moneymaker! Recipes (for disaster)! And more!

Book Information

Paperback: 192 pages

Publisher: Skyhorse Publishing; 1 edition (April 21, 2015)

Language: English

ISBN-10: 163220472X

ISBN-13: 978-1632204721

Product Dimensions: 8 x 0.8 x 9.9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (34 customer reviews)

Best Sellers Rank: #754,651 in Books (See Top 100 in Books) #214 in [Books > Humor & Entertainment > Humor > Cooking](#) #4192 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#)

Customer Reviews

I've read pretty much all the fad diet books -- written by this or that doctor, specialist, body builder, coach, you name it -- and have tried pretty much all the fad diets. Inevitably, I would either not lose any weight, or I'd get horrible low blood sugar (headaches, insomnia, shakiness, crabbiness), or I'd get terrible vitamin and mineral deficiencies due to not eating a balanced diet. I've always known,

deep down, that it's the calories. Well, I read Mandy's book (Kindle version) and she got me inspired to go for it. I signed up with FitnessPal.com (a great tool to help you track your calories), and in the 2 weeks I've been doing this, I've already lost 5 lbs. That includes the 2 lbs. that I gained back at a birthday party and then re-lost. No low blood sugar, no deficiencies. No headaches, nada. And I'm eating foods that I enjoy. I've gotten used to eating less, so I get full faster. I'm feeling Just Fine and losing the blubber. I couldn't be more thrilled! I'm going to keep at it 'til I've lost all my flab.

I wish I'd found this years ago. I was super fat with baby weight, and all my idiot co-workers told me that Atkins was the way to go. So I cut out carbs and got results, but I was miserable so I started eating carbs again and then I got fat again. A friend of mine suggested I try Calorie Accounting, because there are no weird restrictions or ridiculous rules. You can basically eat whatever you want as long as you keep it reasonable. (There's maybe no room in your calorie budget for a tube of cookie dough, but an occasional Oreo is not out of the question.) It's practical, it works with what's already in my kitchen (except for that tube of cookie dough), and it's FUNNY. I enjoyed reading it so much that I was sad when it was over. I hope to see more from Ms. Levy in the future! Great stuff.

I just read Calorie Accounting cover to cover and I definitely give it 5 stars. The diet is simple and practical and the book itself is enjoyable to read. I actually laughed out loud several times - I don't think I've ever done that while reading a diet book before. The way Mandy writes, she sounds like a real friend. She is relatable and funny. Also, the photos, cute illustrations (one of these sausages is not like the others), and cool page borders add to the book's overall appeal.

HOLY CRAP!! (no pun intended - there's a hilarious chapter all about poop) Mandy Levy brings humor, entertainment, and logic to the all-too "heavy" world of weight loss. She's not a trainer or a nutritionist. Just a normal girl who wanted to look good and figured out a way that's actually kind of fun (and funny). If you need to lose a few and laugh while doing it, this is the book for you. Makes a great gift, coffee table book, and everyday weight loss companion. 5 stars!

I had the pleasure of seeing Mandy in person for a live reading and she is absolutely hysterical! The pictures alone are enough to make anyone burst out laughing. Mandy takes an otherwise mundane topic and makes it FUNNY and more importantly, FUN. Not to mention it makes sense and works... I hope she continues to write!!

This girl has sass and class and the real knowledge to help you lose weight. I highly recommend Calorie Accounting by Mandy Levy!

Diet books would probably seem boring but this author is very humorous and made this a fun read. I think that a paper book may have been a better choice than an e-book because She has recipes in the book and it will be hard to go back and use them.

Funny, Foolproof, Informative, Unfiltered, & Photographically Fabulous Definitely NOT your Grandmother's Diet Book Think Bridesmaids meets SNL meets Weird Al - Stylistically, that's Calorie Accounting Mix motivation with empathy, combine valuable content with a heap of humor, pepper with some self-deprecation, season with a sprinkling of salty language, and voila, Mandy Levy's diet book provides the recipe for weight loss success (and a ton of fun).

[Download to continue reading...](#)

Negative Calorie Diet: Calorie Zero to Size Zero!: (Negative Calorie, Negative Calorie Diet, The Negative Calorie Diet, Negative Calorie Foods, Negative Calorie ... in a week, the negative calorie diet book) Calorie Accounting: The Foolproof Diet-by-Numbers Plan for a Skinnier New You HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Diabetes Diet: Diabetes Diet is 904 pages of 1200-1800 calorie diabetic diet meal plans! (diabetic diet meal plan, diabetes meal planner, diabetes diet ... insulin, diabetic cookbook, diabetes cure) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Ketogenic Diet Mistakes: You Wish You Knew (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Healthy Appetizers: Easy to Make. Low Carb, Low Fat, Low Calorie Appetizers (Atkins diet, dash diet, ketogenic diet, keto, candida, lyme disease, fibromyalgia, south ... beach diet, TLC diet, Gluten Free, Paleo) Ketogenic Diet: 13 Common Ketogenic Diet Mistakes You Need to Avoid (ketogenic diet, ketogenic diet for beginners,

ketogenic cookbook, ketogenic diet recipes, ketogenic diet mistakes, ketogenic plan) Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan, Diabetes ... Diabetes, Type 2 Diabetes Diet Book Book 1) Ketogenic Diet: 21 Days for Rapid Weight Loss, Increase your Energy And Live Healthy Lose Up To a Pound a Day (ketogenic diet, ketogenic diet for beginners, ... diet mistakes, diet plan, diet guide) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) ATKINS: Atkins Diet - A 14-Day Atkins Diet Plan For A Simple Start (A Guide To The Atkins Diet Plus A Diet Plan To Achieve Your Weight Loss Goals) The Complete Atkins Diet Plan Book: The Atkins Diet Book and Atkins Diet Plan. Also Includes Atkins Diet for Beginners The South Beach Diet: A Guide for Faster Weight Loss and Healthy Lifestyle with Easy Meal Plan Recipes (South Beach Diet Meal Plan, South Beach Diet Gluten Solution, South Beach Diet Recipes) Paleo: Ultimate Pale Diet Cook Book For Beginners-MELT 10 POUNDS IN 14 DAYS MEAL PLAN +100 Recipes,(FREE BONUS INCLUDED), Paleo Diet Plan, Paleo Diet cookbook: Paleo Diet Cook Book For Beginners The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss

[Dmca](#)