

## Pocket Posh Complete Calorie Counter Your Guide To Thousands Of Foods From Grocery Stores And Restaurants Paperback

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Written by clinical dietitian and nutritionist Pamela M. Nisevich Bede, MS, RD, Pocket Posh Dining Out Calorie Counter merges the million+ best-selling Pocket Posh format with the nutritional information of more than 200 fan favorite restaurant chains. Over 4,000 menu items are presented with each calorie counted, now available at.

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