

COUNTING CALORIES?



If you're trying to shrink your waistline by managing the number of calories you consume, try this tool.

Visit www.freedieting.com and enter your height, weight, gender, age, and weekly activity level. Then, the calorie counter will provide you with the following information and more:

- Recommendation of the daily caloric intake that you should have to maintain, lose, or gain weight.
- Meal plans for specific caloric intakes.

- The site also offers food trackers and other tools.
- Find workout plans, suggested foods, diet reviews, and more.
- Learn which weight loss plans could work best for you.
- Click on the "Calculators" button to access other related calculators.



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