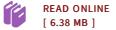




Food Journal: Diet Tracker (Paperback)

By Healthy Diet Journal

Healthy for Life Diet and Fitness Journals, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Track your progress while you lose weight and transform your health! Keeping a food journal is a fun, easy way to stay on track and make real progress while losing weight. Writing down what you eat is also vital, even if you don t need to lose a few extra pounds. Tracking your food ensures that you re eating the right foods on a daily basis and getting proper nutrition. After tracking, certain foods you might notice bad habits and it s possible to detect hidden food allergies by writing down how you feel after eating various foods such as dairy and gluten. Simple, 7 x 10 size fits in most purses or gym bags. Track breakfast, lunch, dinner, snacks and more! You can also track your workouts, mood or just write down anything that comes to mind. Double the page count of most Food Journals! Inside this journal, you II find 120 pages of thick, durable paper and a custom designed cover to inspire healthy eating!.



Reviews

An exceptional ebook and the font employed was fascinating to read through. I actually have study and so i am certain that i will likely to read once again yet again in the future. Your life period is going to be change as soon as you complete looking at this book. -- Nelle Schaefer I

This pdf is so gripping and fascinating. It really is rally intriguing throgh looking at period of time. I am pleased to tell you that this is basically the very best publication we have go through within my personal lifestyle and might be he very best ebook for ever. -- Eleonore Muller DVM