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Diet Bloq Journal - 6 Month Diet Tracker: Diet Tracker Based on Nutrition (Paperback)

By Jenny Marian Buza

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Empower yourself and the way you think about your daily diet and nutritional needs even longer with this 6 month diet tracker. By simply tracking your diet and what you eat, you will learn about your choices, and your habits. This will completely change the way you look at food and nutrition, taking the guess work out and putting the knowledge front and center. This quick start diet journal is a daily food diary to help you track your daily food intake. Because it is so simple, it may seem too easy, but really through portion control and watching how you balance your meals, plus exercise, you can see healthy changes. Those changes then become habits. Habits then become your healthy lifestyle. This journal is good for 6 months of diet tracking. Inspire yourself and the way you think about your daily diet and nutritional needs. If you have 20 or more pounds to lose look for our reduced calorie diet journal to help you lose weight quicker and melt the fat through less calories.

Reviews

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