



Drop 10 Pounds Diet: Track Your Weight Loss Progress (with Calorie Counting Chart) (Paperback)

By Speedy Publishing LLC

Weight a Bit, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Drop those pounds by being first being aware of what you re putting into your mouth. Raising awareness can be done by documenting your meals, including the portions and their caloric content. This way, you can easily identify diet breakers and start looking around for alternative recipes. With constant monitoring through this awesome diet journal, you can drop those pounds pretty fast.

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Reviews

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