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FITNESS JOURNAL: FITNESS JOURNAL AND FOOD PLANNER DIARY IN ONE: 12 MONTH DIET AND FITNESS JOURNAL (PAPERBACK)

DATE	Breakfast	Lunch	Dinner	Snacks	Total
Mon	Low fat Cereals Fruit Milk	Salmon & Carrots Potatoes	Salmon & Carrots Potatoes		
Tue	Low fat Cereals Fruit Milk	Salmon & Carrots Potatoes	Salmon & Carrots Potatoes		
Calories	200	200	200	0	1200
Wed	Low fat Cereals Fruit Milk	Salmon & Carrots Potatoes	Salmon & Carrots Potatoes		
Calories	200	200	200	0	1200
Thu	Low fat Cereals Fruit Milk	Salmon & Carrots Potatoes	Salmon & Carrots Potatoes		
Calories	200	200	200	0	1200
Fri	Low fat Cereals Fruit Milk	Salmon & Carrots Potatoes	Salmon & Carrots Potatoes		
Calories	200	200	200	0	1200
Sat	Low fat Cereals Fruit Milk	Salmon & Carrots Potatoes	Salmon & Carrots Potatoes		
Calories	200	200	200	0	1200
Sun	Low fat Cereals Fruit Milk	Salmon & Carrots Potatoes	Salmon & Carrots Potatoes		
Calories	200	200	200	0	1200

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This Fitness Journal is all you need if you want to track and improve your fitness goals. It comes complete with a food diary so that you can also write down your food intake and use this information to make more informed and healthy choices. Measuring 7 wide x 10 in height, it is ample sized enough to record all the essential...

Read PDF Fitness Journal: Fitness Journal and Food Planner Diary in One: 12 Month Diet and Fitness Journal (Paperback)

- Authored by Blank Books n Journals
- Released at 2016



Filesize: 1.2 MB

Reviews

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