



## Sugar Impact Diet Journal

By My Personal Journals

Createspace, United States, 2014. Paperback. Book Condition: New. 198 x 132 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Buying The Sugar Impact Diet? Get the must-have companion - The Sugar Impact Diet Journal! Easily track your meals, symptom improvements and more for 60 days! Research has found that people who track their meals daily consistently lose more weight than those who don't. Add this simple, easy to use journal to your arsenal for the ultimate success on the Sugar Impact Diet! The Sugar Impact Diet Journal is small enough to carry in your purse or bag to help you record your progress all day long. This unique journal includes: Daily charts to record your meals, the time you ate and additional room to note your symptom improvements. A dedicated place to track your grams of sugar, fructose and carbs for the day. Charts to track your weight loss, quiz results and body measurements. Space to create weekly meal plans and shopping lists. A place to keep all your favorite diet recipes in one place for quick access during meal preparation. Pages to paste your ongoing journey in pictures. Staying motivated on The Sugar Impact Diet...



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