



My Food Journal: Curtly Green Theme, Food Journal Diary, 6 X 9, 12 Weeks of Daily Entries

By My Food Journal

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Food Journal Suitable For Any DietMy Food Journal is a detailed food diary that provides you with plenty of room to record the essential information you need to know for weight loss and staying healthy. You can track your three main meals plus two snacks with each one having room to record food counts (calories, carbs, protein and fats).Each day has two pages with lots of space and an area to record exercise details and notes about your day. Your notes can provide you deep insight as to why you are eating the way you are. You can record your feelings, stresses and reasons why you felt you ate the way you did that day.This food diary can be used with virtually any diet program available today. All the sections have ample room and blank lines so you can customize it how you see fit. Track points, cycles, macronutrients and even water intake.Why 12 weeks worth of daily entries? It gives you enough time to identify your eating habits, the types of foods you are eating and how...



READ ONLINE
[9.28 MB]

Reviews

Great eBook and useful one. it was actually writtern really completely and useful. You are going to like the way the article writer publish this publication.

-- Prof. Ernestine Emard

The publication is great and fantastic. I actually have read through and i am sure that i am going to planning to go through yet again yet again down the road. I realized this pdf from my dad and i encouraged this publication to understand.

-- Jamarcus Runolfsson