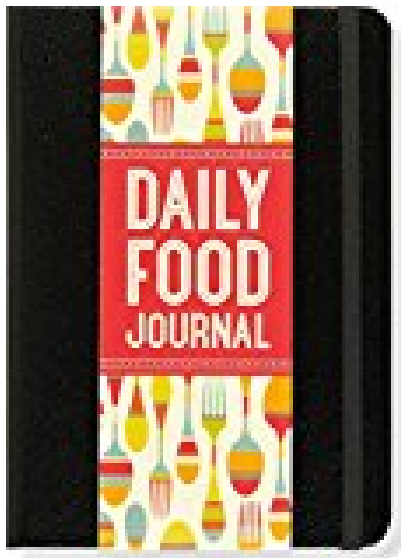


Daily Food Journal



BOOK DETAILS

- Author : Peter Pauper Press
- Pages : 192 Pages
- Publisher : Peter Pauper Press
- Language : English
- ISBN : 1441319697

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BOOK SYNOPSIS

ABOUT THIS BLACK & WHITE DIARY JOURNAL Research studies have shown keeping track of what you eat is one of the best ways to manage weight. This easy-to-use food journal is suitable for ANY slimming plan and it allows you to write down the foods you eat for breakfast, lunch, dinner, snacks and to monitor water, fruit and vegetable consumption including exercise. Contains space to jot down notes about exercise, calories, shopping and much, much more! See what is included below: -3 month (90 days) meal planner compatible with any slimming plan - Daily/Weekly/Monthly (at a glance Diet Diary/Journal with blank note/doodle pages) -Pages to jot down top 7 favourite recipes -Write your motivational reminders -Blood sugar tracker (for diabetes) -Weekly weight loss tracker -Graphic body image measurement tracker -Helpful pages to write about you and your goals/achievements -Insert your top five motivational reminders -Activity/exercise tracker -Hydration tracker -Graphic mood tracker -Shopping list regular Must Haves -Your favourite meals list -Before/after page for weight loss photographs -In black and white throughout with designs, bound for daily usage Produced by the author of the book Quark Recipes What is Quark and How Do You Use Quark? Quick and Easy Quark Cheese Recipe Ideas. ISBN-13: 978-1540608857.

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