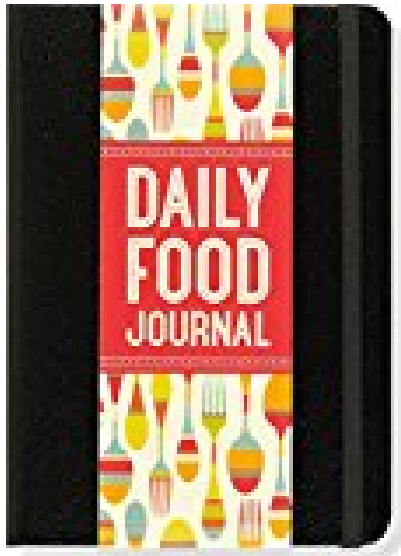


Daily Food Journal



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 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, 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 -This book has a black and white interior, bound for daily usage (Available in full colour, and black and white with different covers to represent seasons on Amazon). Produced by the author of the book: Quark Recipes: What is Quark and How Do You Use Quark? Quick & Easy Quark Cheese Recipe Ideas.

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