



## Low Carb Diet Journal: Diet Log Journal to Track Your Progress

By Spudtc Publishing Ltd

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do you have problem sticking to your Low Carb diet plan and losing weight? Use this Low Carb diet journal to document down your dieting journeys. A low-carb diet limits carbohydrates - such as those found in grains, starchy vegetables and fruit - and emphasizes foods high in protein and fat. Many types of low-carb diets exist. Each diet has varying restrictions on the types and amounts of carbohydrates you can eat. By using a diet notebook, you are twice more likely to lose weight and keep it off. Order this Low Carb Diet Journal now!

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