



## 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**  
[ 1.62 MB ]

### Reviews

*It is a of the most popular publication. It is actually rally intriguing throug looking at time period. Your daily life span is going to be change the instant you total reading this publication.*

-- **Mrs. Shanna Mann**

*This book is great. it absolutely was writtern quite properly and beneficial. Its been written in an extremely basic way and it is merely after i finished reading through this ebook in which basically changed me, affect the way i really believe.*

-- **Leopold Schmidt**

## Other eBooks



**Klara the Cow Who Knows How to Bow (Fun Rhyming Picture Book/Bedtime Story with Farm Animals about Friendships, Being Special and Loved. Ages 2-8) (Friendship Series Book 1)**

Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Klara is a little different from the other cows, because she has a very special...



**It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em**

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating co-authored by Greg Behrendt, former writer on...



**Suzuki keep the car world (four full fun story + vehicles illustrations = the best thing to buy for your child(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date: Unknown in Publisher: Qingdao Publishing List Price: 58.00 yuan Author: Publisher: the Qingdao Publishing ISBN: 9.787.543.682.832 Yema: Revision:...



**The Official eBay Guide: To Buying, Selling and Collecting Just About Everything**

Simon & Schuster Ltd. Paperback. Book Condition: new. BRAND NEW, The Official eBay Guide: To Buying, Selling and Collecting Just About Everything, Laura Fisher Kaiser, Michael Kaiser, Omidyar, Pierre, HAPPY HUNTING(TM) ON eBay Aunt Fannie's cameo pin collection.the cartoon-character lunch boxes you...



**Diary of a Potion Maker (Book 2): Jail Break (an Unofficial Minecraft Book for Kids Ages 9 - 12 (Preteen)**

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. GENRE: Childrens Adventure (An Unofficial Minecraft Book for Kids Ages 9 - 12 (Preteen) Verita is back in her second diary....



**Diary of a Potion Maker (Book 1): The Potion Expert (an Unofficial Minecraft Book for Kids Ages 9 - 12 (Preteen)**

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.GENRE: Childrens Adventure (An Unofficial Minecraft Book for Kids Ages 9 - 12 (Preteen) All witches must...