



Food Journal Citrus Oranges Slices Healthy Weight Loss Diet Blank Recipe Book: (Notebook, Diary, Blank Book) (Paperback)

By Distinctive Journals

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Food Journal Citrus Oranges Slices Healthy Weight Loss Diet Blank Recipe Book contains alternating blank pages and lined pages. Track your daily food intake (including meals and snacks) in the way that works best for you. Document your favorite good for you recipes in whichever manner you prefer for a particular dish and list of ingredients. Blank pages also provide a scrapbook style option to paste magazine pictures, Internet printouts, and newspaper articles containing weight loss tips, exercise inspiration, and healthy recipe ideas. Include pictures of yourself to celebrate weight loss progress and goals. Counting calories? Keeping track of carbs? This blank book provides plenty of room for your daily food log. Weight loss and diet experts agree that writing down what you eat is a big help in tracking calories and making healthier choices to lose weight. Get inspired by the fresh food photo theme paperback cover every time you use your journal for creative writing, taking notes, making lists, or drawing. Since this daily food intake journal doubles as a blank recipe book, give as a gift to anyone who...



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