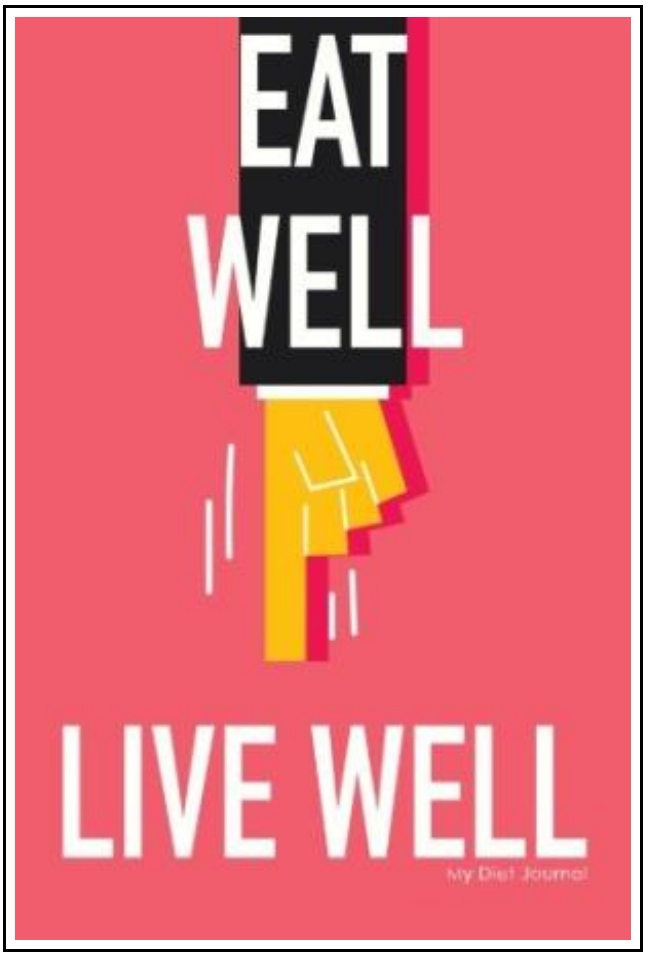
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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Diet Journal Suitable For Any Diet My Diet Journal is a detailed food diary that provides you with plenty 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 you emotionally feel. With a daily food journal, you can also discover the foods that you may be allergic to or have an intolerance for. If you are tracking how you feel physically, you will make note of the days you feel bloated, sluggish, etc. and can quickly see what foods you ate.Is it dairy, gluten or the box of cookies you ate that caused you intestinal grief? Immediately you will see the patterns causing you to gain weight. You are creating the last diet book you will ever need to buy and it will customized just for you.Who...

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