



The 100 Diet Journal: The Handy Companion to Track Your Progress on the 100 Diet

By My Personal Journals

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.On Jorge Cruise s The 100 diet plan? Get this must-have companion; The 100 Diet Journal! Add this simple, easy to use journal to your arsenal for the ultimate success on The 100 diet! Small enough to carry in your purse or bag to help you record your progress all day long. This unique journal includes: Daily charts to record your meals and room calculate your total sugar count. A dedicated place to jot down notes or your accomplishments. Charts to track your weight loss, quiz results and body measurements. Space to create weekly meal plans and shopping lists and a place to keep all your favorite diet recipes in one place for quick access during meal preparation. Staying motivated on The 100 plan is a breeze with the 100 Diet Journal! If you want ensure your weight loss success, order this journal now.



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Very useful to all of group of people. I actually have read through and so i am certain that i will planning to study yet again once again down the road. I am just very easily can get a satisfaction of looking at a created book.

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