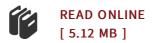




## My Food Journal: Stylish Spoon and Knife, Food Journal Diary, 6 X 9, 12 Weeks of Daily Entries

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...



## Reviews

I actually began looking at this pdf. It is actually rally interesting through reading time period. You will not really feel monotony at at any time of your respective time (that's what catalogues are for concerning if you ask me).

-- Brayan Mohr Sr.

A superior quality publication along with the font used was fascinating to learn. I have read through and i also am certain that i am going to going to go through yet again again in the future. Your life period will likely be enhance the instant you total reading this publication.

-- Donnie Rice