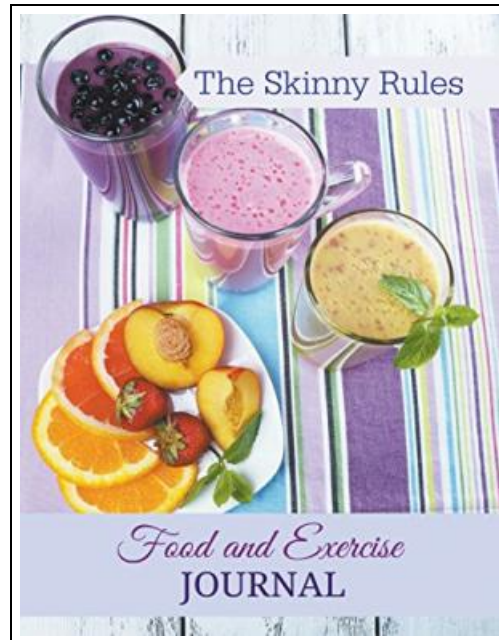


The Skinny Rules Food and Exercise Journal: Jumbo Size (More Room to Write!) Bonus: Graphing Paper Is Located at the End of the Journal! Feel Free to Use This Take Extra Notes, Paste



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Reviews

This book is great. it was writtern quite flawlessly and helpful. You will not truly feel monotony at whenever you want of your time (that's what catalogs are for concerning if you ask me).

(Sterling Kris)

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Healthy for Life Diet and Fitness Journals, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Follow the Skinny Rules Plan to lose weight and stay and healthy! The rules are not based on a fad diet, but rather the end of dieting. The rules focus on building healthy lifestyle habits and turning your body into a Fat Burning Machine! The Skinny Rules Food and Exercise Journal is a comprehensive journal designed to help you achieve your weight loss goals. This journal was made to complement the bestselling book The Skinny Rules, by Bob Harper. One of the cardinal rules in the book refers to the importance of eating 30 to 50 grams of fiber each day. This is why we included a special section for fiber when most other food journals only include a section for protein, fat and carbs. We added the fiber section to this journal because of the importance of this rule. Eating enough fiber ensures that you ll have a smaller waistline and feel fuller longer, so it s important to track your fiber intake along with other nutritional information. The other sections conform to other skinny rules such as eating a certain amount of protein per day, eating the right carbs before lunch, consuming healthy fats and more!! The interior of the journal features sections for breakfast, lunch, dinner and snacks. There is also a section for the time because it s important to eat the right foods and certain times throughout the day, according to Bob Harper. Extra space is also provided to track water intake and write down your exercise goals. This book is jumbo sized, to provide more room for writing, planning and goal setting. In addition, we provided margin space for extra notes, stickers or...



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