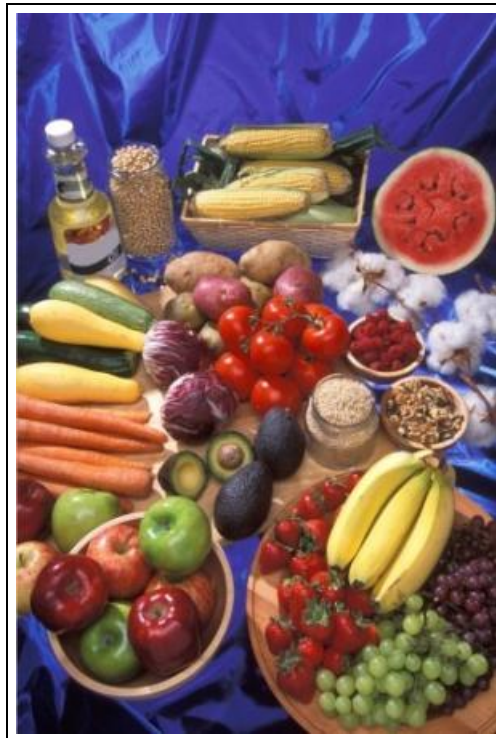


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

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FOOD JOURNAL HEALTHY ASSORTMENT WEIGHT LOSS DIET BLANK RECIPE BOOK: (NOTEBOOK, DIARY, BLANK BOOK) (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Food Journal Healthy Assortment 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 likes to cook. Also great to give as a present with some of your own recipes already included - kind of like a starter cookbook. Another great idea is to have several people write down their own healthy recipes in the book along with special messages to the recipient. Then, present the book as a lovely group gift to an engaged woman for her bridal shower or to a bride as a keepsake wedding present. Write or sketch - the choice is yours with this handy blank book.

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