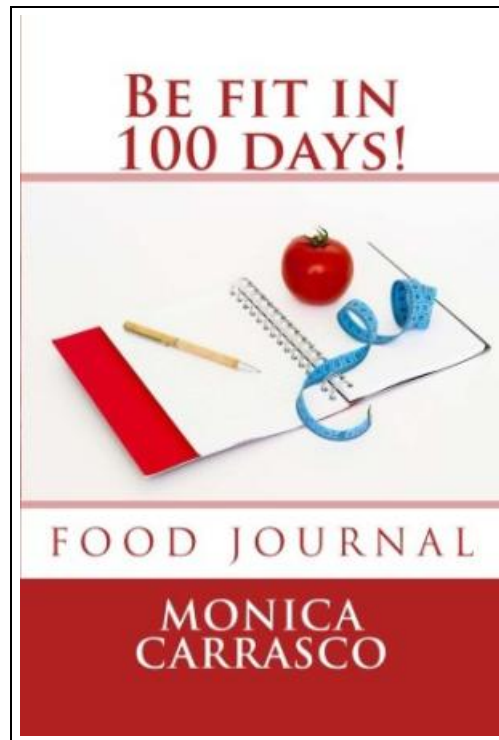


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Reviews

This book will never be easy to start on looking at but quite entertaining to read. It is actually packed with wisdom and knowledge It is extremely difficult to leave it before concluding, once you begin to read the book.
(Ms. Missouri Satterfield DVM)

BE FIT IN 100 DAYS!: FOOD JOURNAL (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. My name is Monica Carrasco-Zamora, born in Guayaquil, Ecuador and have lived in the United States for more than thirty years. I hold a Bachelor s Degree in Biology from Florida Atlantic University, a MA in Science Education and 30 credits in Marine Environmental Science (Nova Southeastern University). I have always been interested in Nutrition and Health since a younger age and always thought about helping people in organizing this part of their lifestyle. The idea originated first many years ago after taking nutrition in college after trying it myself several times and realizing that it really works! I hope it will give you the freedom you need to become unattached from useless diets. Be fit in 100 days is a comprehensive journal that allows you to keep track of your daily intake of calories broken down into grams per major food groups. It also helps you become familiar and use Nutrition Labels as per the recommendation of the FDA. Instructions on how to use it and how to do it are included.



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