



Food Diary: Food Journal / Log / Diet Planner with Calorie Counter (Softback * 100 Spacious Daily Record Pages More * Polka Dots) (Paperback)

By Smart Bookx

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Softback 8 x 10 Food Diary / Journal [\$5.50 / 3.99]. IF LOOK INSIDE ISN T LOADING use the blue smART bookx link above to look on our website. BOOK INTERIOR: 100 attractive daily records. There s a spacious table to log each item eaten along with its weight, protein, fat, carbohydrate calories. (This table has white grid lines which Look Inside has not picked up!) To help you with learning the right foods for you and what helps you eat them, space is also provided to note: - Time and place eaten . where when do you eat the wrong foods?, - Sleep, energy stress ratings . does mood affect your food?, - Glasses of water . many people snack when actually thirsty, - Allergy symptoms . find if a specific food is one of your triggers, - Supplements or medicines . medication can affect appetite, - Fruit or veg portions . are you filling up on the right stuff?, and - Exercise . directly beneath the food log so it s easy to do a quick daily calorie balance. Customize...



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