



Diet Journal: The Handy Companion to Track Your Progress on the Zero Belly Diet (Paperback)

By My Personal Journals

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Buying Zero Belly Diet? Get the must-have companion - The Zero Belly Diet Journal! Easily track your smoothie, meals, snacks, workouts and more for 60 days! Research has found that people who track their meals daily consistently lose more weight than those who don't. Add this simple, easy to use journal to your arsenal for the ultimate success on the Zero Belly Diet Plan! The Zero Belly Diet Journal is small enough to carry in your purse or bag to help you record your progress all day long. This unique journal includes: Daily charts to record your meals and additional room to note the time you ate. A dedicated place to track your daily smoothie, water intake, workouts and daily notes. Charts to track your weight loss and body measurements. Space to create weekly meal plans and shopping lists. A place to keep all your favorite diet recipes in one place for quick access during meal preparation. Pages to paste your ongoing journey in pictures. Staying motivated on The Zero Belly Diet is a breeze with the...



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