

# LOW CARB DIET *Success*



Personal Food & Fitness Journal

Jean LeGrand

# Low Carb Diet Success Personal Food Fitness Journal

**Jean LeGrand**



## **Low Carb Diet Success Personal Food Fitness Journal:**

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*The Low Carb Diet Food Diary* Jean LeGrand, 2015-01-05 Maximize Your Success

with the Low Carb Diet Keeping a food log has been proven to be one of the most effective tools for people to make lifestyle choices in regard to the healthy consumption of food There are many studies that have shown that people who keep food journals are more likely to be successful in losing weight and keeping it off In a six month study published in the American Journal of Preventive Medicine people keeping a food diary six days a week lost about twice as much weight as those who kept food records one day a week or less The Low Carb Diet Food Diary has been designed for flexibility you don t have to fill out every single area marked if you don t want to just try to be consistent so when you review your entries over a week or month or longer you have information that can help you understand your eating behavior and how you are or should be changing your relationship with food If this is your first attempt at getting fit or if you ve had trouble getting or keeping weight off in the past The Low Carb Diet Food Diary The Ultimate Diet Log will help you achieve the results you want and deserve NOTE Convenient pocket purse size 6 x 9      **Food and Exercise Journal** Jean LeGrand,2015-01-06 Success you don t have to fill out every single area marked if you don t want to just try to be consistent so when you review your entries over a week or month or longer you have information that can help you understand your eating behavior and how you are or should be changing your relationship with food If this is your first attempt at getting fit or if you ve had trouble getting or keeping weight off in the past the Food Exercise Journal will help you achieve the results you want and deserve And with the low key cover and handy size your diet will be nobody s business but your own There are 5 books in this series of Food Logbooks with covers that understate their function as a diet aid My Personal Diet Journal The Discreet Food Log for Diet Success 1 Diet Journal Notebook The Discreet Food Log for Diet Success 2 Food Exercise Journal The Discreet Food Log for Diet Success 3 Diet Tracker The Discreet Food Log for Diet Success 4 Diet Journal The Discreet Food Log for Diet Success 5 Key Words Weight Loss Food Log Diet Diary Food and Exercise Log Food Journal Diet Journal Mediterranean Diet Dash Diet Diet and Fitness Journal CalorieKing Diet Tracker HealthMinder BodyMinder 40 30 30 Ketogenic Diet and Fitness Logbook Gluten Free Paleo Food and Exercise Journal Acid Alkaline Diet Low Carb Diet and Fitness Log Food and Exercise Logbook Fitness and Nutrition Journal Intermittent Fasting Flat Belly Anti Inflammatory Low Fat      **Consumers Index to Product Evaluations and Information Sources** ,2004      Diet Journal Jean LeGrand,2015-01-06 It has been proven that you will have more success with your diet if you track your meals and snacks But you don t always want to broadcast to the world that you are dieting so this Discreet Diet Journal for Diet Success has a plain cover and a convenient pocket purse size 5 x 8 This cover will not advertise that you are dieting so you can keep your business to yourself There are many studies that have shown that people who keep food journals are more likely to be successful in losing weight and keeping it off In a six month study published in the American Journal of Preventive Medicine people keeping a food diary six days a week lost about twice as much weight as those who kept food records one day a week or less The Diet Journal has been designed for flexibility you don t have to fill out every single area marked if you don t want to just try to be consistent so when you review your entries

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