

THE **COMPLETE IDIOT'S** GUIDE[®] TO

Keep track of your
low-carb, low-cal,
low-fat diet and
exercise program.
It's easy with this
handy tracker!

Weight Loss TRACKER

- † The tools you need to reach your weight-loss goals
- † Complete nutrition tables on over 2000 foods
- † The perfect companion to your favorite diet and exercise books

**Shirley Mathews and
Jyni Holland, M.S., R.D.**



Idiot Guide To Weight Loss

Terry C. Jones



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