



The 40-30-30 Diet Food Diary: The Ultimate Diet Log (Paperback)

By Jean LeGrand

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Maximize Your Success with the 40-30-30 Diet. Keeping a food log has been proven to be one of the most effective tools for people to make their diet get the weight off and keep it off. 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 40-30-30 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...



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