



The 100 Calorie Diet Food Journal

Tammy Trimble, Susie Trimble

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The 100 Calorie Diet Food Journal is an amazing weight loss tool and companion to The 100 Calorie Diet! Did you know that a food journal can be the key to help you lose weight and keep it off? The American Journal of Preventative Medicine revealed that dieters using a food journal lost twice as much weight as those who didn't track their food in a journal! The 100 Calorie Diet Food Journal was specifically developed for The 100 Calorie Diet. The 100 Calorie Diet Food Journal is the absolutely perfect tool to help you plan your days and stay on track. You will be journaling all your food planning and eating. As an added bonus The 100 Calorie Diet Food Journal helps you to make nutrition easy by having check-off boxes for recommended daily amounts of dairy, grains, vegetables, fruit, fats, protein, water and multi-vitamins. You can easily see how healthy you are eating every single day, the more boxes checked off, the healthier you are eating! But...The 100 Calorie Diet lets you eat anything you want and still lose weight! If you just gotta have sweets, chocolate, pizza, soda and hamburgers, The 100 Calorie Diet is for you! Or if you really want to eat healthy and learn all about the right foods to eat The 100 Calorie Diet is for YOU! It's your choice. In The 100 Calorie Diet Food Journal, you'll discover The 100 Calorie Diet's insider's success tools such as: My Goals For The Day My Weight Loss Affirmations The 100 Calorie Weight Loss Chart Standard Industry Weight Chart The 100 Calorie Diet Weight Chart The 100 Calorie Conversion Chart The 100 Calorie Exercise Chart My Daily Food Plan My Daily Food Journal Are you ready to actually SOLVE your weight problem once and for all? Stop Dieting and Start Losing Weight TODAY the 100 calorie way with The 100 Calorie Diet Food Journal! Get ready for a totally NEW, AMAZING, and EASY approach to weight loss. If you are truly serious about losing weight and keeping it off.

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