



Health Journal: Track Calories, Carbs, Fat and More! (Paperback)

By Healthy Diet Journal

Speedy Publishing LLC, United States, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****. Transform your life this year with this very detailed and beautifully designed health journal! The interior consists of fill-in-the blank sections, and plenty of space to write. There is a section for your goals, feelings and extra notes. List individual foods for each meal you have on a daily basis. Break down the nutrient quality for each food to make sure you are meeting your health and nutrition needs. For instance in the Meal #1 section you have eight sections for each individual food. Track each individual food in the appropriate meal section throughout the day. ***For instance, at breakfast you would track everything you eat such as butter, eggs, orange juice, turkey sausage and toast in a separate section and then break down the nutrient quality of each item. Next to each food item you'll see a space for the amount of food. This is helpful if you want to track portion sizes. For instance if you eat 3 avocados for lunch, you would want to write down 3 in this section, next to the...

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