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17 Day Diet Journal

By Speedy Publishing LLC

Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.When you re seeking a tasty and healthy eating lifestyle, the 17-Day Diet is a great option. The most important aspect of this diet is that you switch up your caloric allowance and meal combinations. The pairing of different ingredients of varying nutritional information prevents the body from becoming accustomed to any specific calorie amount, keeping the metabolism on alert. A journal is a great way to help you keep track of your daily meals. Keeping a food diary is easy and will have you on your way to success in no time.



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