



Diabetic Diet Journal: Diet Log Journal to Track Your Progress (Paperback)

By Spudtc Publishing Ltd

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Do you have problem sticking to your Diabetic Diet plan and losing weight? Use this Diabetic Diet Journal to document down your dieting journeys. Rather than a restrictive diet, a diabetes diet or MNT is a healthy-eating plan that's naturally rich in nutrients and low in fat and calories, with an emphasis on fruits, vegetables and whole grains. In fact, a diabetes diet is the best eating plan for most everyone. Order this Diabetic Diet Journal now!.

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