



Fast Metabolism Diet Journal: Diet Log Journal to Track Your Progress

By Spudtc Publishing Ltd

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you on Fast Metabolism diet and need help to keep you in track? The Fast Metabolism diet is divided into 3 phases, which is designed to avoiding foods that cause irritation or inflammation in the GI tract and can slow your bowels and create insulin resistance. This is in stark contrast as compared to low-calorie diets, which make your body move to starvation mode and stubbornly hold on to weight. This 100 pages diet tracker will help you keep track of foods you consumed during breakfast, snack, lunch and dinner as well as tracking of calories, carb, protein and fat. Order this Fast Metabolism Diet Journal now!.

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