



Carbohydrate Dieter s Diary (Paperback)

By Corinne T. Netzer

Bantam Doubleday Dell Publishing Group Inc, United States, 1999. Paperback. Book Condition: New. 201 x 109 mm. Language: English . Brand New Book. Record what you eat and control your carbs! Record everything you eat and drink, consult the handy carbohydrate counter, chart your daily totals to monitor your carbohydrate intake. It s easy to keep track of your carbohydrate intake with this handy, page-per-day diary. Now you can spot and eliminate trouble areas at a glance. Just jot down everything you eat and drink--including snacks!--and follow your progress day by day with the book that helps you stay in control. - An easy-to-use system for recording your daily carbohydrate intake for up to 16 full weeks - Expert dieting hints to help you maintain your regimen - A weekly progress report to keep you informed and motivated Includes a compact carbohydrate counter for quick reference.

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