



Mediterranean Diet Success: Personal Food & Fitness Journal

Jean LeGrand

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Proven Success with the Mediterranean Diet ... get the results you're looking for. Keeping a food log has been proven to be one of the most effective tools for people to make lifestyle choices in regard to the healthy consumption of food. There are many studies that have shown that people who keep food journals are more likely to be successful in losing weight and keeping it off. In a six month study published in the American Journal of Preventive Medicine, people keeping a food diary six days a week lost about twice as much weight as those who kept food records one day a week or less. The Mediterranean Diet Food Success" -- in convenient pocket/purse size: 6" x 9" -- has been designed for flexibility; you don't have to fill out every single area marked if you don't want to ... just try to be consistent so when you review your entries over a week (or month or longer), you have information that can help you understand your eating behavior and how you are -- or should be -- changing your relationship with food. If this is your first attempt at getting fit or if you've had trouble getting or keeping weight off in the past, The "Mediterranean Diet Success: Personal Food & Fitness Journal" will help you achieve the results you want and deserve. "Mediterranean Diet Success" is your insider advantage to reaching your weight loss goals; grab a copy today.

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