

Improve your overall health, wellness and energy levels with this handy balanced diet nutrition journal. This journal includes a section for breakfast, lunch, dinner and snacks. Track calories, carbs, fat protein and more. There is also a section at the top for the date and your weight. In addition, each section features a place for the time and a place where you can add up the total number of calories, carbs, protein and fat consumed. It's important to write down the time, especially if you are trying to eat all of your meals during a certain time each day. Eating dinner at least three hours for bedtime is very beneficial for weight loss. An extra section for notes is found at the bottom of each page. Use this section to write down your work outs, feelings, thoughts, goals or anything you like.

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