



## 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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### Reviews

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-- Dr. Kadin Hane DVM

*This publication may be worth purchasing, it was actually written quite flawlessly and valuable. I am just happy to tell you that this is actually the very best book i actually have study inside my personal life and can be the best ebook for actually.*

-- Frank Nienow

## Other Books

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### [And You Know You Should Be Glad \(Paperback\)](#)

HarperCollins Publishers Inc, United States, 2014. Paperback. Book Condition: New. Reprint. 201 x 132 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A highly personal and moving true story of friend-ship and remembrance from the New York Times bestselling...



### [Any Child Can Write \(Paperback\)](#)

Oxford University Press Inc, United States, 2003. Paperback. Book Condition: New. 4th Revised edition. 201 x 135 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Harvey S. Wiener shows how parents can encourage their children to write with a...



### [Soul Fire \(Paperback\)](#)

Hachette Children's Group, United Kingdom, 2013. Paperback. Book Condition: New. 201 x 148 mm. Language: English . Brand New Book. Alice Forster regularly talks with her dead sister, Meggie, in the virtual world of Soul Beach - an online paradise where...



### [Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 6: Gran's New Blue Shoes \(Hardback\)](#)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK's best-selling home reading series. It is based on Oxford Reading Tree which...



### [Children's Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer \(Paperback\)](#)

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Children's Handwriting Book of Alphabets and Numbers provides extensive focus on alphabet tracing and number tracing for the...



### [Rumpy Dumb Bunny: An Early Reader Children's Book \(Paperback\)](#)

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Rumpy is a dumb bunny. He eats poison ivy for breakfast and annoys the other forest creatures with his dim-witted...