



The Corinne T. Netzer Dieter's Diary: Record Everything You Eat and Drink, Chart Your Weekly Progress, Use the Handy Compact Calorie Counter, and Lose Weight

Corinne T. Netzer

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RECORD WHAT YOU EAT—AND SEE THE REWARDS!

Now losing weight can be easier than ever before. It just takes organization. With this compact and portable page-per-day diary, you can spot and eliminate problem areas at a glance by keeping a daily record of everything you eat and drink—snacks included!

- Easy-to-use format for recording your daily food intake and calorie total for up to 16 weeks
- A convenient system for tracking your weekly progress
- Invaluable dieting tips
- A newly updated, compact calorie counter for instant information

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