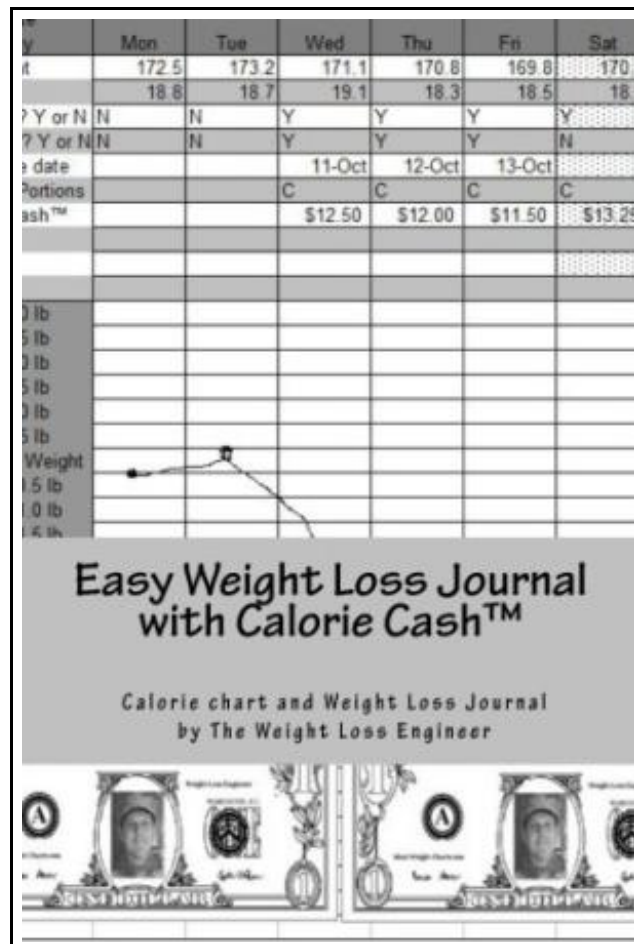


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Createspace, United States, 2011. Paperback. Book Condition: New. 226 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****.An easy to use weight loss journal and an easy to use calorie chart. Easy Weight Loss Journal with Calorie Cash is written by the Weight Loss Engineer who has a Masters of Science in Food Engineering and many years experience as a quality engineer having been certified by the American Society of Quality. He has spent years making sure that the food items that his companies produced were the correct amount and had the correct number of calories etc. Now he is using those same skills to help you consume on a daily basis the right amount of food so that you can lose weight. Just like the operator on the production floor, you also have too many things to do in your life to be writing long journal entries or to be adding long lists of the calories that you have consumed. I have made calorie counting easier by doing much of the math for you by rounding off calories to the nearest 25 and 100 calories. Use play money to keep up with your daily progress not a calorie journal, so no pen and paper are needed. I have also made the journals easier by making them a simple check off sheets/weight record. Every government agency, every major University study, every successful weight loss program knows that you lose weight by cutting back on your calories. So get serious but make it as simple as possible with Easy Weight Loss Journal with Calorie Cash.

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