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## Easy Weight Loss Journal with Calorie Cash: The Easy to Use Calorie Chart and Weight Loss Journal

By The Weight Loss Engineer

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...



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