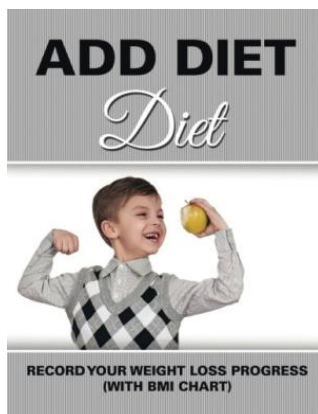


## Read Book

# ADD DIET: RECORD YOUR WEIGHT LOSS PROGRESS (WITH BMI CHART)



Weight a Bit, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.An ADD Diet is designed to help lessen the symptoms of the disorder. As such, the focus of your diet will be on beans, vegetables, tuna and fruits and so on. Making sure to have just enough portions of the right food is also encouraged. Take a journal and record everything there for proper tracking and...

## Read PDF Add Diet: Record Your Weight Loss Progress (with BMI Chart)

- Authored by Speedy Publishing LLC
- Released at 2015



Filesize: 4.29 MB

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