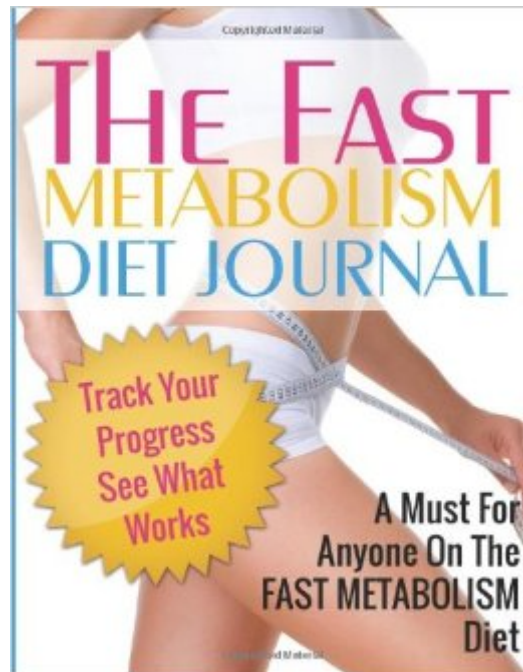


The book was found

Fast Metabolism Diet Journal



Synopsis

The Fast Metabolism Diet is a weight loss book that promotes healthy eating by avoiding certain foods and dividing the days in to several different phases. The diet has certain foods a person cannot eat at all, but cycles different phases for each day of the week. This stirs up the diet process, confusing the cycle every few days. A journal to track each days food intake and what foods are recommend each day would be helpful to lose weight.

Book Information

Paperback: 50 pages

Publisher: Speedy Publishing LLC (May 30, 2014)

Language: English

ISBN-10: 1632874199

ISBN-13: 978-1632874191

Product Dimensions: 8.5 x 0.1 x 11 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 3.4 out of 5 stars [See all reviews](#) (20 customer reviews)

Best Sellers Rank: #38,813 in Books (See Top 100 in Books) #20 in [Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition](#) #26 in [Books > Medical Books > Medicine > Internal Medicine > Endocrinology & Metabolism](#) #60 in [Books > Children's Books > Growing Up & Facts of Life > Health > Diseases](#)

Customer Reviews

This book is not in harmony with the Fast Metabolism Diet. It has a place to keep track of calories. This is also too much money for this skinny book. Just buy your own journal. This thing is not useful at all.

Not worth the money! It consists only of 28 pages of blank menu plans. I could have made copies on my computer a lot cheaper than \$2.99!

I expected more of a guideline for the program but it is just blank. However, as journals go, it is a nice blank journal, not a guide book journal.

This was a waste of money. It is literally just one page to track your food, weight and exercise that has been duplicated several times. I could have printed this off myself and saved 8 bucks. Saying it

is a 'Must Have...' is exaggerating to the extreme.

Not needed just forms to fill out, what you are doing, buy a notebook, you can write it down.

I expected it to have been designed by the author of The Fast Metabolism Diet. It wasn't it wasn't quite as helpful as it might have been.

The journal is not set up to document food ate on the FMD, it has sections to record calories, carbs, etc, which are not required to be recorded or tracked on the FMD.

Totally not worth the money! Basically use a notebook and you'll get better results!

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