



Fast Metabolism Diet Journal

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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.

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