



# Sugar Impact Diet Journal

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# Sugar Impact Diet Journal

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- A dedicated place to track your grams of sugar, fructose and carbs for the day.
- Charts to track your weight loss, quiz results and body measurements.
- Space to create weekly meal plans and shopping lists.
- A place to keep all your favorite diet recipes in one place for quick access during meal preparation.
- Pages to paste your ongoing journey in pictures.

Staying motivated on The Sugar Impact Diet plan is a breeze with the Sugar Impact Diet Journal because you can easily see your progress at a glance! If you want ensure your weight loss success, order this journal now.



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