



Coconut Oil Diet Journal: Diet Log Journal to Track Your Progress

By Spudtc Publishing Ltd

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you on Coconut Oil diet and need help to keep you in track? Coconut has been shown to have not only great dietary benefits but also great health benefits too. Coconut oils can be added to many different foods and enhances their tastes. This 100 pages diet tracker will help you keep track of food category (be it grains, fruits, vegetables, lean meat and water) and exercises you have everyday and your calories goal for the week. Order this Coconut Oil Diet Journal now!.

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