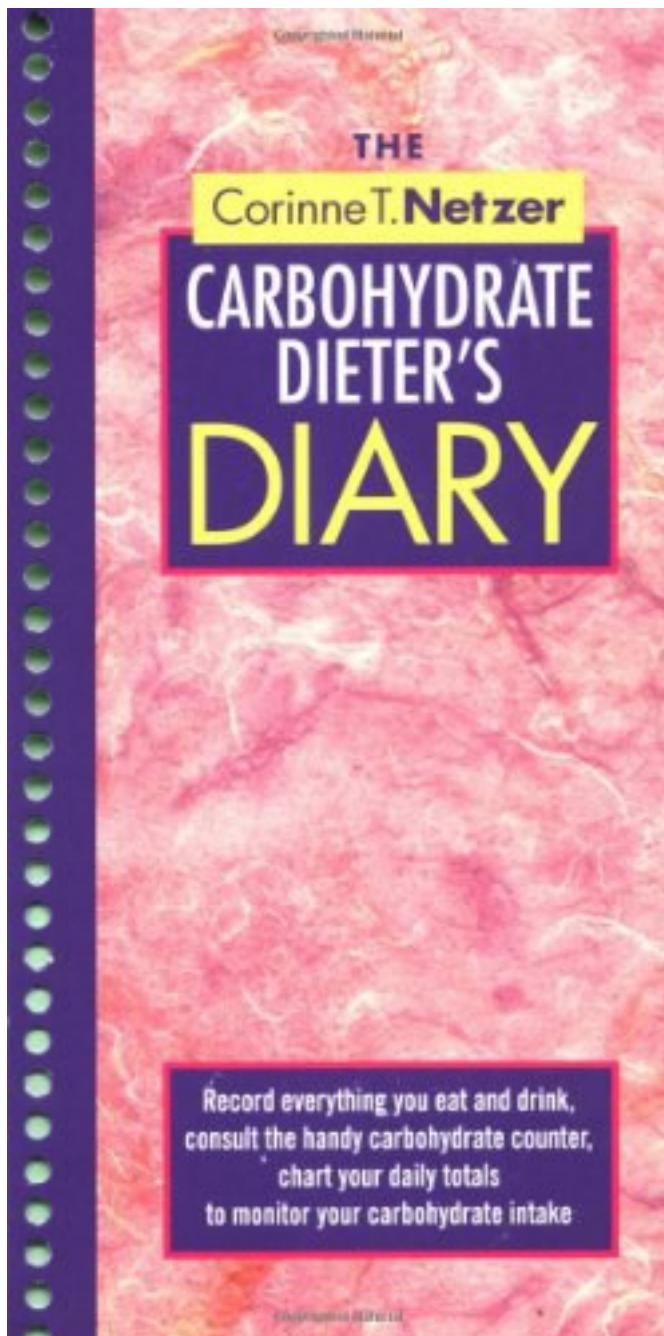


The Corinne T. Netzer Carbohydrate Dieter's Diary



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Record what you eat and control your carbs! <!-- Record everything you eat and drink, consult the handy carbohydrate counter, chart your daily totals to monitor your carbohydrate intake.

-->

It's easy to keep track of your carbohydrate intake with this handy, page-per-day diary. Now you can spot and eliminate trouble areas at a glance. Just jot down everything you eat and drink--including snacks!--and follow your progress day by day with the book that helps you stay in control.

An easy-to-use system for recording your daily carbohydrate intake for up to 16 full weeks

Expert dieting hints to help you maintain your regimen

A weekly progress report to keep you informed and motivated

Includes a compact carbohydrate counter for quick reference

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