



Add Diet: Record Your Weight Loss Progress (with BMI Chart)

By Speedy Publishing LLC

Weight a Bit, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.An ADD Diet is designed to help lessen the symptoms of the disorder. As such, the focus of your diet will be on beans, vegetables, tuna and fruits and so on. Making sure to have just enough portions of the right food is also encouraged. Take a journal and record everything there for proper tracking and monitoring purposes.



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Reviews

Completely essential read publication. I am quite late in start reading this one, but better then never. You wont truly feel monotony at at any moment of your time (that's what catalogs are for regarding should you question me).

-- **Nels Runte IV**

This publication could be worth a read through, and far better than other. This is certainly for all those who statte there was not a worth reading through. You may like just how the author compose this publication.

-- **Dr. Kayley Kovacek PhD**