



Grain Brain Diet Journal

Healthy Diet Journal

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The Grain Brain Diet Journal complements the bestselling book, "Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar-Your Brain's Silent Killers," written by renowned neurologist David Perlmutter, MD. This journal includes 72 pages will fill-in-the-blank sections for meals, weight, water consumption and a section for your feelings before and after each meal. It's important to note your feelings so you'll recognize how your body responds to different foods. Being more aware of your feelings, stomach upsets and other symptoms can help you identify food allergies as well. Some foods can make people irritable while other foods have mood boosting abilities. The Grain Brain diet teaches you how to make better choices and remove foods from your diet that create a strain on your brain. Eliminate brain fog and improve your overall health by following the Grain Brain diet plan and tracking your results with this journal. An additional section for goals, notes and reminders is found at the bottom of each tracking page. Use this journal to truly make progress and be accountable while transforming your life with this revolutionary diet. LARGE 7 x 10 size (Fits easily in any gym bag or purse) 72-tracking pages printed on high quality paper Full color cover

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