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The Maker's Diet Day-by-Day Journal: The essential companion for your 40 days to total wellness

Jordan Rubin

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The Best Way to Lose Weight! The Maker’s Way!

Designed as the perfect companion to author Jordan Rubin’s *The Maker’s Diet*, *The Maker’s Diet Journal* is small enough to slip into a pocket or purse and will enable you to keep track of your meals and exercise.

The Maker’s Diet Journal allows you to:

- • Document your hygiene, meals, and snacks
- • Start each day with a helpful quote from *The Maker’s Diet*
- • Keep your focus and motivation high with quotes from Scripture and morning and evening prayers
- • Keep track of your fitness with journals and exercise charts

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