

Soypal Cookies Diet Log Sheet

How to Diet with Soypal Cookies

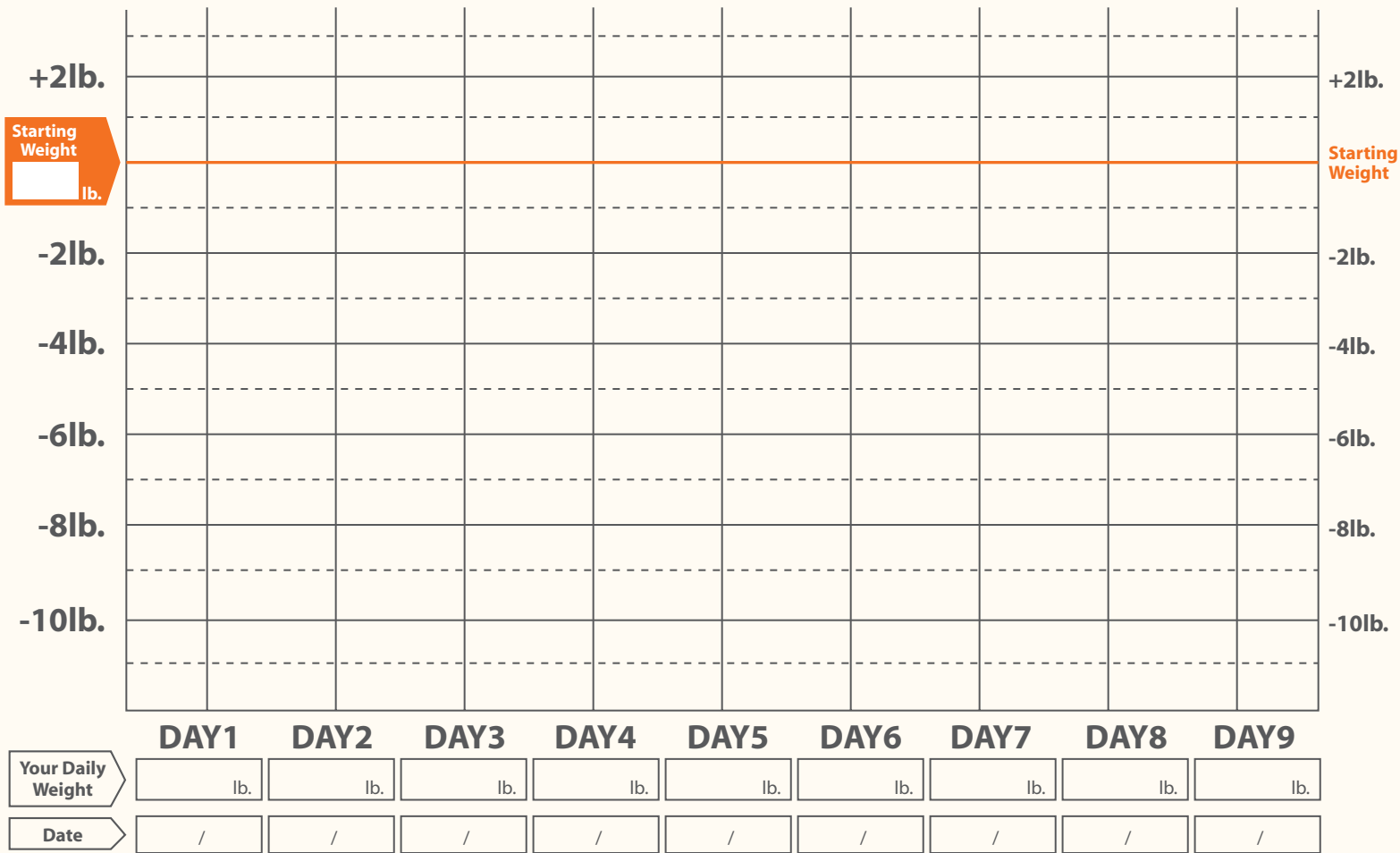
For best results:

- As a meal replacement, consume no more than 1 package of cookies per day (1 package with 7 cookies is for 1 meal). Take plenty of fluids when you eat the cookies such as water (or other healthy drinks that suit your needs, such as non-fat/low-fat milk, soy milk, green tea, fresh juice, etc.). To let the "okara" fully absorb the fluid and expand in your stomach, 2 glasses or more are recommended. Feeling full is one of the keys in weight-loss success.
- Go ahead and step on that scale to check your daily weight. Diet results are often influenced by how determined you are before you start on the weight loss program. Remember your commitment and remind yourself that your objective is to lose approximately a pound a day. Tell yourself that you can do it, because you can!

Your Diet Log

Set your weight-loss goal, write down your daily weight and stay committed until you achieve the results you desire.

Log your weight and food intake using the chart below:



WHAT DID YOU EAT?

Breakfast								
Lunch								
Dinner								
Snacks								