



## Food Journal: Diet Tracker (Paperback)

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By Healthy Diet Journal

Healthy for Life Diet and Fitness Journals, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Track your progress while you lose weight and transform your health! Keeping a food journal is a fun, easy way to stay on track and make real progress while losing weight. Writing down what you eat is also vital, even if you don't need to lose a few extra pounds. Tracking your food ensures that you're eating the right foods on a daily basis and getting proper nutrition. After tracking, certain foods you might notice bad habits and it's possible to detect hidden food allergies by writing down how you feel after eating various foods such as dairy and gluten. Simple, 7 x 10 size fits in most purses or gym bags. Track breakfast, lunch, dinner, snacks and more! You can also track your workouts, mood or just write down anything that comes to mind. Double the page count of most Food Journals! Inside this journal, you'll find 120 pages of thick, durable paper and a custom designed cover to inspire healthy eating!.



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