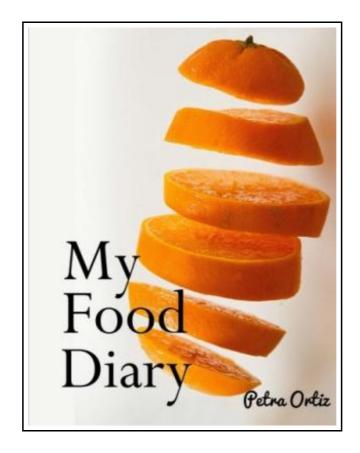
My Food Diary: My Favourite Way to Note My Meals, Beverages and Activities



Filesize: 5.46 MB

Reviews

Basically no words to clarify. Of course, it is perform, still an amazing and interesting literature. Its been printed in an exceptionally basic way which is only soon after i finished reading through this ebook where actually altered me, change the way i really believe.

(Newton Runolfsson)

MY FOOD DIARY: MY FAVOURITE WAY TO NOTE MY MEALS, BEVERAGES AND ACTIVITIES



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Large Print. 279 x 216 mm. Language: English. Brand New Book ****** Print on Demand ******.Use the LOOK INSIDE feature at Amazon to see the multitude of fruity designs in this diary. Fun and fruity lined pages for you to jot down your daily meals, beverages and activities. By keeping track of what you eat and drink on a daily basis, you may be able to detect food triggers, allergens, food-based symptoms and more. Keep track of daily physical activity and exercise with lined ACTIVITY PAGES throughout. This diary has less prompts than MY FOOD JOURNAL. From the series A COOL JOURNAL TO WRITE IN. Makes a wonderful gift!.

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