



## Food Journal: An On-the-go Food Tracker

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By Bonnie Marcus

Parragon Book Service Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 201 x 162 mm. Language: English . Brand New Book. The Bonnie Marcus Food Journal is a purse-size guide to diet dilemmas of the modern girl - with the focus on keeping you happy and healthy. With recipes for comfort treats, slimming meals and delicious drinks, plus tips and tricks to make sure you re not stuck in the kitchen for too long. Plus food diary pages for keeping track of your daily intake and feel-good motivational messages to help you beat the blues on off days. All this is complemented by Bonnie s iconic illustrative style - perfect for adding a little glamour to your life.



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