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MY DIET JOURNAL: EAT TO LIVE, DIET JOURNAL DIARY, 6 X 9, 12 WEEKS OF DAILY ENTRIES (PAPERBACK)



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Diet Journal Suitable For Any Diet My Diet Journal is a detailed food diary that provides you with plenty of room to record the essential information you need to know for weight loss and staying healthy. You can track your three main meals plus two snacks with each one having room to record food counts (calories, carbs, protein...

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- Authored by My Diet Journal
- Released at 2015



Filesize: 8.87 MB

Reviews

It is great and fantastic. It can be written in easy phrases and never hard to understand. You will not really feel monotony at any time of your respective time (that's what catalogues are for concerning if you request me).

-- **Michel Halvorson**

Complete information for publication fans. Better than never, though I am quite late in starting reading this one. It has been written in an extremely straightforward way in fact it is just soon after I finished reading this ebook in which basically altered me, change the way I believe.

-- **Ellie Stark**

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