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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



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Reviews

Very helpful to all category of individuals. It is definitely simplified but surprises inside the 50 percent of your pdf. I am very happy to inform you that this is actually the very best pdf i have read in my very own lifestyle and may be he finest pdf for actually.

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