



Food Logbook: Track Your Eating Habits (Paperback)

By Writing Journal

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Track your diet with this handy log bookEat well and feel well by tracking what you eat and when. Gain insight into your habits, and track your daily calories.Also useful for those doing fasts, trying to discover food allergies, dieting, or just wanting to track their food intake in an effort to eat more healthily. This journal also makes a great gift. Those with gluten intolerance, diabetics, obesity issues, as well as health and fitness enthusiasts should all find this log useful.



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