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Createspace Independent Publishing Platform, 2017. Paperback Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Several studies have shown that keeping a food journal increases your chances of maintaining and losing weight. Keeping a journal of what you eat allows you to raise your awareness of what and how much you are eating. Food Journals can also reveal daily patterns and show triggers that may cause unhealthy choices. This easy-to-use log book allows you to write down...

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- Authored by Food Diary
- Released at 2017



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Reviews

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