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FOOD JOURNAL



Rory Media, United States, 2014. Paperback. Book Condition: New. 235 x 190 mm. Language: English . Brand New Book ***** Print on Demand *****.Write down your goals, track your nutrition, and watch your body transform. Losing weight, maintaining your weight, and keeping fit are all things that take perseverance and hard work. Wouldn't it be nice if there was a way to make it easier and hold you accountable? There is a way! One simple tool that can be...

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- Authored by Sandra Graves
- Released at 2014



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