

**Eat Healthy Daily Food Diary - 30 Day Food Journal / Notebook: (5 X 8) Food Tracker, 30 Pages, Smooth Durable Glossy Cover (Paperback)**



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***Reviews***

*It is really an remarkable book which i have ever go through. It can be writer in simple terms and not difficult to understand. I am just effortlessly can get a enjoyment of reading a composed pdf.  
(Dr. Lily Wunsch II)*

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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 the foods you eat for breakfast, lunch, dinner, and snacks. It also includes an evening gratitude and notes section that can be used for tracking results and setting goals for a healthier way of living.

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