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## MY DIET JOURNAL: BLACK AND RED, DIET JOURNAL DIARY, 6 X 9, 12 WEEKS OF DAILY ENTRIES (PAPERBACK)



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...

Read PDF My Diet Journal: Black and Red, Diet Journal Diary, 6 X 9, 12 Weeks of Daily Entries (Paperback)

- Authored by My Diet Journal
- Released at 2015



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