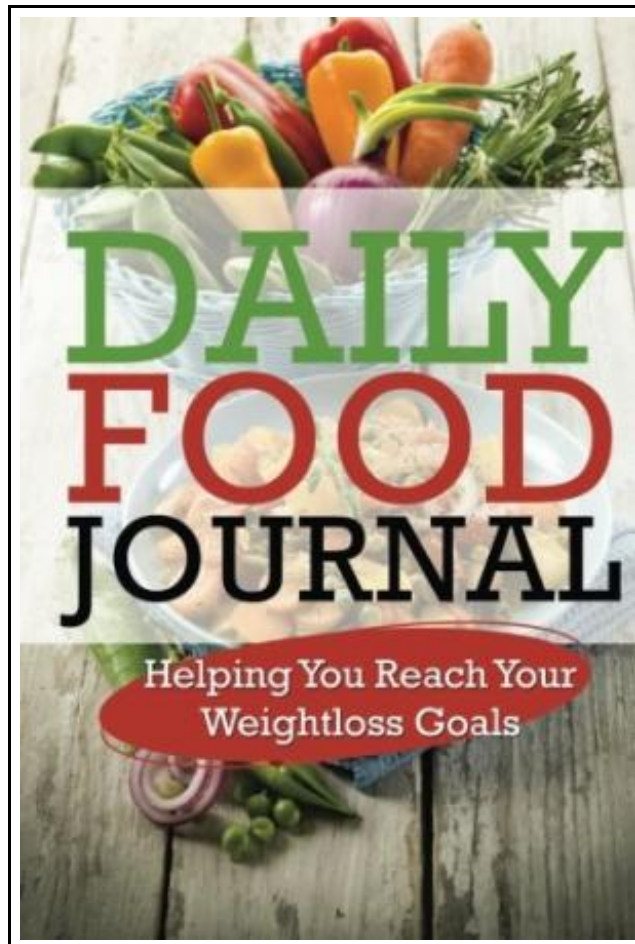


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(Lavina Torp)

DAILY FOOD JOURNAL: HELPING YOU REACH YOUR WEIGHTLOSS GOALS (PAPERBACK)



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Speedy Publishing LLC, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.You need to keep track of what you are eating at all times. If you are always wondering why you are gaining weight while still on a exercise routine it is because you are not counting your calories. Your food journey should include a detailed list of what you ate for breakfast, lunch, and dinner. This will show you trends in your eating such as which foods you tend to gravitate to during the day as well as which foods spike your blood sugar too high or cause other unnecessary health ailments like allergies. When it comes to food, you know what foods your body likes better than any nutritionist on the market today.

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