



## Food Elimination Diet Journal: The Handy Companion to Track Your Response to Foods

By My Personal Journals

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. Are you on an elimination diet but have no easy way of tracking your response to foods? Get this must have Food Elimination Diet Journal that s small enough to carry in your purse or bag to quickly note your symptoms on a daily basis and more. This unique 60 day journal includes: Daily charts to record your meals, which food you eliminated and/or reintroduced and room to note your symptoms. A dedicated place to list your results of each eliminated food. Charts to track your weight loss, quiz results and body measurements. Space to create weekly meal plans and shopping lists and a place to keep all your favorite diet recipes in one place for quick access during meal preparation. Staying motivated on an elimination diet is a breeze with the Food Elimination Diet Journal! If you want ensure your success, order this journal now.



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## Reviews

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-- Andres Bashirian

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-- Lacy Goldner

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HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English. Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



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