

Foodergies! Food Log (Paperback)



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Reviews

This pdf might be well worth a study, and a lot better than other. It really is simplistic but excitement inside the fifty percent in the book. Its been printed in an exceedingly straightforward way which is just after i finished reading this ebook through which really modified me, modify the way i believe.

(Derick Brekke)

FOODERGIES! FOOD LOG (PAPERBACK)



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Laura Keiles, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.How do you know what your Food Friend or Foes are? You have to learn to track and identify them! This Food Log works with the Foodergies! Eat Right with Food Families or the Foodergies! Workbook. The log is broken down into 14 day intervals to allow you to quickly assess and identify what may be your challenges to your dietary health. Keep track of your foods, your fluids, and your digestive patterns and you will learn alot about your health! This is a great support tool for anyone who wants to keep track and have hard copy record for future reference. Nutritionists, dieticians and health coaches can use this to help their clients with tracking compliance. Learn what your food friends and foes are, today!.



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