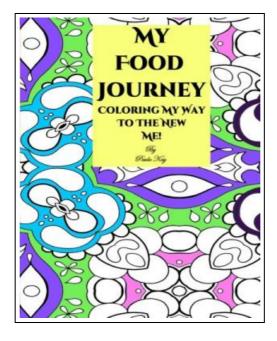
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Reviews

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MY FOOD JOURNEY: COLORING MY WAY TO THE NEW ME (PAPERBACK)



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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand ******. This book is a must have for dieters!! Coloring relieves stress and as we all know dieting is not easy. So as your day ends and your needing to unwind, take a few minutes log in your food intake, calories, carbs, fat or other nutritional tracking, your exercise and water intake then color your stress away. This book also includes easy recipes, weekly goals with measurement tracking for dieting success. I even have a spot to start a grocery list.

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