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FOOD JOURNAL: AN ON-THE-GO FOOD TRACKER



Parragon Book Service Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 201 x 162 mm. Language: English . Brand New Book. The Bonnie Marcus Food Journal is a purse-size guide to diet dilemmas of the modern girl - with the focus on keeping you happy and healthy. With recipes for comfort treats, slimming meals and delicious drinks, plus tips and tricks to make sure you re not stuck in the kitchen for too long. Plus food diary pages for keeping...

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- Authored by Bonnie Marcus
- Released at 2013



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