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A5 Slimming Diary Diet Diary
COMPATIBLE WITH SLIMMING WORLD

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DIETS Each diary lasts for 3 months, that is 13 weeks of tracking your foods,

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**A5 Slimming Diary, Diet Diary, Food
Log Journal, Slimming ...**

Food Diary & Daily Planner To Do Pad

These planners are perfect if you are following the slimming world diet plan.

Keep a track of all your foods, plan your meals, shopping and write down recipes to try later. Also has a Motivation Quote

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on the front and inside. A5 in size, handy
handbag size to

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A5, printed and unbound, daily food diary to assist you on your weight-loss journey. Page-per-day. Perfect to fit inside your own A5 sized personal

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digital download to print at home, please
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Printed Slimming World food diary daily planner inserts ...

If you have a diet plan or are a slimming

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world member, this diary is a must have. Easy to keep track of your meals, exercise, water and vegetable intake, all vital for anyone looking to lose weight and diet successfully. Professionally bound A5 in size, easy use and to carry around. Easy to carry to the gym, and carry while you exercise

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Weight Loss Journal ...**

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A5 Diet Diary, Food Planner Journal,
Compatible with Slimming World, Weight
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Cover with PVC Paula 13 May, 2020

Beautiful diary - excellent quality- will be buying another one for 2021.

A5 Diet Diary Food Planner Journal Compatible with ...

Approximately A5 Size 3 Month Food /
Diet Diary Compatible with any Diet
Plans such as Slimming World Diet Diary

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Diary, Slimming Journal. Weight Loss
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Card included. 116 pages inside your
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your body, meal planning, notes,
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meals: sw journal: wire bound, 7 -12wk,
a5 food diary: meal planner: a5 recipes
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