

The image shows the front cover of a 'Daily Food Journal'. The cover has a black spine and a central panel with a repeating pattern of stylized, colorful cutlery (spoons and forks) in shades of yellow, orange, red, and teal. The title 'DAILY FOOD JOURNAL' is printed in large, white, outlined letters on a red background within the central panel.

DAILY FOOD JOURNAL

Peter Pauper Press

Daily Food Journal



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Studies show monitoring what you eat is among the best methods to manage your bodyweight. Compact book is little enough to squeeze in a purse or pocket. It also includes places to notice calories, exercise, glasses of drinking water, and servings of fruits and vegetables. This easy-to-use log book enables you to jot down the foods you take in for breakfast, lunch, dinner, and snacks. 192 web pages for three months of daily entries. Perfect for quick record keeping in the home, at function, or on the go. It has a removable cover band for individuals who don't desire to advertise that they are dieting. Elastic band mounted on back again cover keeps book closed. Ribbon bookmark keeps your place. 4-1/4 in . wide by 5-3/4 ins high. Acid-free archival paper takes pen or pencil beautifully.



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