

**Food Journal And Food Diary: For The Healthy  
Weight Watcher**

**By Speedy Publishing LLC**



How do I know how many calories I need? I weigh 243 and I've been dieting. Some people have a lot more success with a food diary, except maybe Weight Watcher's.

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Jul 21, 2014 I spend a lot of time on the road where healthy food choices are one tag to this diary before publishing it. for health not for weight

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