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CalorieKing is an online weight loss club and software developer with a program centred on healthy eating and exercise food database, which by Allan Borushek

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The food diary is a powerful proven aid for dieters. Tracking and managing your food intake and physical activity helps you lose weight and maintain a healthy lifestyle.

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Allan Borushek is a dietitian and health educator with over 30 years' experience in clinical dietetics and community health education. He is the founder of Australia

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Allan Borushek's Complete Food And Exercise Diary This year long diary lets you record your food intake and fitness activities and measure your totals and results.

Allan borushek - the calorieking blog

Food and Exercise Journal; Tools. Food search. Search. Browse by category; Fast Food restaurant index; Calculators. BMI calculator; Author Archives: Allan Borushek.

The calorieking food & exercise journal by allan

Overview. A 10-week journal for recording food calories and fat grams, along with exercise calories. University studies show that overweight people who use a food

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