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## **FOOD JOURNAL**

Free sticker included with the purchase of The 28 Day Allergy-Free Food Journal! Ordering now sets you one step closer to a free sticker, in addition to managing your diet. If you're not sold yet, check out the website for a free 7-day download of the journal!

### **ORDER NOW**

## FREE SAMPLE REMINDER!

# THE DAILY **ALLERGY-FREE DIET TIP BOOK** FOR STUDENTS AVOIDING FOOD ALLERGIES



#### CONTENTS TIPS INCLUDED IN THIS BOOK

BREAKFAST LUNCH DINNER SNACKS EATING OUT COOKING IN DORMS Before committing to the purchase of The Daily Allergy-Free Diet Tip Book, download a free sample! The sample includes all content sections with an example of each.

#### **FREE SAMPLE**

Follow up on my website!  $(\rightarrow)$