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# **My Gluten-Free Food Journal**

Michaela McQueen



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## My Gluten-Free Food Journal

Michaela McQueen

#### My Gluten-Free Food Journal Michaela McQueen

Keeping a nutritional diary has many benefits, especially when going gluten-free. Jotting down your daily food intake in this journal will not only keep track of the quantity and quality of the food you eat, but it can also help identify hidden triggers as well as additional food allergies and intolerances, such as dairy and soy.

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