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Meal planning made easy with LobotoME

Posted: Jul 4th 2007 6:48PM by Martha Edwards
Filed under: [Healthy Habits](#)

That's Fit reader Debbie recently sent us an Email recommending a product she saw on Fit Sugar. The brand name is [LobotoME](#) and the product is a [meal-planning journal](#) that can help you keep track of what you eat, what you plan to eat and what you need to get the next time you're in the supermarket. Keeping track of what you're eating is a great idea, one that's been shown to help people lose weight and keep it off. After all, realizing just what you're putting in your mouth is the first step to make changes, right? Plus, it has a [snazzy design](#).



However, as I've mentioned before, [weight-loss journals are available online too!](#)

Do you keep track of what you eat?

Tags: [Journal](#), [keeping track](#), [KeepingTrack](#), [LobotoME](#), [record](#), [weight loss](#), [WeightLoss](#)

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