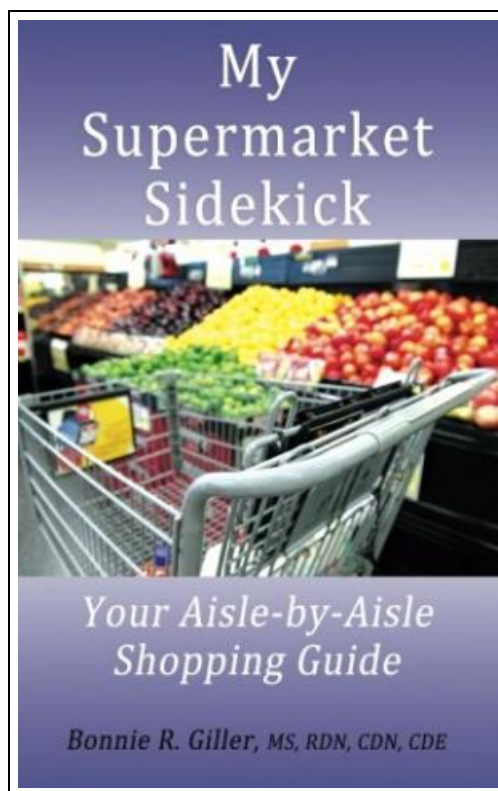


My Supermarket Sidekick: Your Aisle-By-Aisle Shopping Guide (Paperback)



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Reviews

Complete guideline for publication fans. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Llewellyn Terry)

MY SUPERMARKET SIDEKICK: YOUR AISLE-BY-AISLE SHOPPING GUIDE (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. My Supermarket Sidekick takes you aisle-by-aisle through the supermarket and answers your pressing nutrition questions while you shop. Learn how to navigate the food and nutrition label to make the best food decisions for yourself and your family. Aisles include: Fruits Vegetables, Vegetarian Proteins, Deli Meats, Meat Poultry, Fish Seafood, Dairy: Milk, Yogurt, Cheese Dairy Alternatives, Eggs, Grains, Hot Cold Cereal, Dry Canned Foods, Sauces Condiments, Snacks, Frozen Foods, Beverages. Also included: Tips for Your Shopping Trip Navigating the Label Food Labeling Terms My Supermarket Sidekick is a pocket-size book, fits perfectly in your pocketbook, knapsack or back pocket. It s like having your own personal nutritionist with you while you are shopping!.



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