

FOOD DIARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK

Totals:	Totals:	Totals:	Totals:	Totals:	Totals:	Totals:
CARBS	CARBS	CARBS	CARBS	CARBS	CARBS	CARBS
PROTEIN	PROTEIN	PROTEIN	PROTEIN	PROTEIN	PROTEIN	PROTEIN
FRUITS	FRUITS	FRUITS	FRUITS	FRUITS	FRUITS	FRUITS
VEGGIES	VEGGIES	VEGGIES	VEGGIES	VEGGIES	VEGGIES	VEGGIES
DAIRY	DAIRY	DAIRY	DAIRY	DAIRY	DAIRY	DAIRY
FAT	FAT	FAT	FAT	FAT	FAT	FAT
WATER	WATER	WATER	WATER	WATER	WATER	WATER

CARBS	PROTEIN	FRUITS	VEGGIES	DAIRY	FATS	WATER
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