

FOOD DIARY

DATE: _____

BREAKFAST

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CALORIES	CARBS (g)	PROTEIN (g)
FATS (g)	SUGAR (g)	SODIUM (g)

LUNCH

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CALORIES	CARBS (g)	PROTEIN (g)
FATS (g)	SUGAR (g)	SODIUM (g)

DINNER

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CALORIES	CARBS (g)	PROTEIN (g)
FATS (g)	SUGAR (g)	SODIUM (g)

SNACKS

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CALORIES	CARBS (g)	PROTEIN (g)
FATS (g)	SUGAR (g)	SODIUM (g)

WATER INTAKE

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FOOD DIARY

WEEK OF: _____

MONDAY

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WATER INTAKE

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CALORIES:	CARBS (g):	PROTEIN (g):
FATS (g):	SUGAR (g):	SODIUM (g):

TUESDAY

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WATER INTAKE

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CALORIES:	CARBS (g):	PROTEIN (g):
FATS (g):	SUGAR (g):	SODIUM (g):

WEDNESDAY

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WATER INTAKE

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CALORIES:	CARBS (g):	PROTEIN (g):
FATS (g):	SUGAR (g):	SODIUM (g):

THURSDAY

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WATER INTAKE

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CALORIES:	CARBS (g):	PROTEIN (g):
FATS (g):	SUGAR (g):	SODIUM (g):

FRIDAY

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WATER INTAKE

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CALORIES:	CARBS (g):	PROTEIN (g):
FATS (g):	SUGAR (g):	SODIUM (g):

SATURDAY

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WATER INTAKE

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CALORIES:	CARBS (g):	PROTEIN (g):
FATS (g):	SUGAR (g):	SODIUM (g):

SUNDAY

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WATER INTAKE

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CALORIES:	CARBS (g):	PROTEIN (g):
FATS (g):	SUGAR (g):	SODIUM (g):