

# food diary

DATE: \_\_\_\_\_

## BREAKFAST

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## LUNCH

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## DINNER

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## SNACKS

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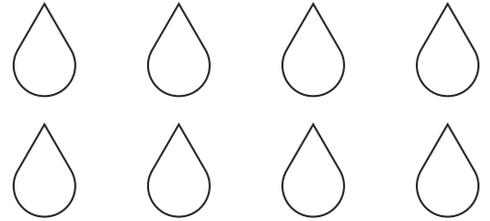
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## WATER INTAKE



## EXERCISE

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## NOTES

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