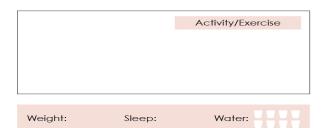
## DAILY NUTRITION LOG BOOK

Date:		/	/					
Energy:		D (П						
Mood:	$\odot$	$\odot$	<del></del>	$\odot$	$\odot$	<u>~</u>		

Notes:



Breakfast	Time:	Cal.	Carb.	Prot.	Fat	Sugar	Sodium	Fiber
2.2330.		CGI.	Carb.		. 31	o o gai	55310111	
Lunch	Time:	Cal.	Carb.	Prot.	Fat	Sugar	Sodium	Fiber
Dinner	Time:	Cal.	Carb.	Prot.	Fat	Sugar	Sodium	Fiber
Snacks	Time:	Cal.	Carb.	Prot.	Fat	Sugar	Sodium	Fiber
Daily Total:								
Daily Goals:								