

| Mon | / | / | cal | fat | exchange | activity | Tues | / | / | cal | fat | exchange | activity |
|-------------------------|---|---|-----|-----|----------|----------|-------------------------|---|---|-----|-----|----------|----------|
| Weight: | | | | | | | Weight: | | | | | | |
| <u>Breakfast</u> | | | | | | | <u>Breakfast</u> | | | | | | |
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| | | | | | | | | | | | | | |
| <u>Lunch</u> | | | | | | | <u>Lunch</u> | | | | | | |
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| <u>Snack</u> | | | | | | | <u>Snack</u> | | | | | | |
| | | | | | | | | | | | | | |
| <u>Dinner</u> | | | | | | | <u>Dinner</u> | | | | | | |
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| <u>Snack</u> | | | | | | | <u>Snack</u> | | | | | | |
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