

food diary

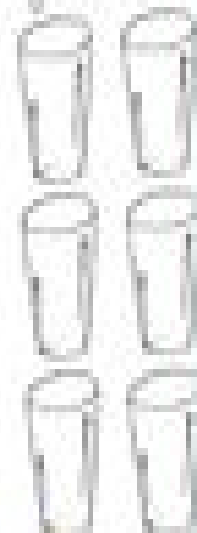
s m t w t f s

breakfast lunch

dinner

glasses
of water

_____	_____	_____
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Calories _____ Calories _____ Calories _____

snacks _____

Calories _____

Calories _____

you are beautiful

