

date:

....yum

Breakfast:

Calories



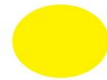
{snack}



Lunch:



{snack}



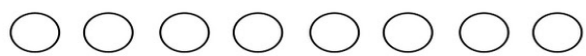
Dinner:



Total calories:



WATER: (8oz.)



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