

Food Diary

Monday

Meal	Items eaten	Calorie
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Daily Total		

Tuesday

Meal	Items eaten	Calorie
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Daily Total		

Wednesday

Meal	Items eaten	Calorie
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Daily Total		

Thursday

Meal	Items eaten	Calorie
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Daily Total		

Today's Healthy Choices	
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Today's Healthy Choices	
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Today's Healthy Choices	
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Today's Healthy Choices	
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