

# FOOD JOURNAL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Breakfast</i>							
<i>Snack</i>							
<i>Lunch</i>							
<i>Snack</i>							
<i>Dinner</i>							
<i>Snack</i>							
<b>H<sub>2</sub>O</b>							