

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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