

Food & Calorie Log

Breakfast/Snacks	Cal/Points	Lunch	Cal/Points	Dinner	Cal/Points
Cereal w/ Milk	250	Salad w/ chicken	400	Med. Pizza (2pc)	600
M Orange Juice	150	Apple	100	Veggies	100
Mixed Nuts	180	Chips	250		
Total Cookies	220				
2250	800		750		700
T					
Total					
W					
Total					
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