

Mon	/	/	cal	fat	exchange	activity	Tues	/	/	cal	fat	exchange	activity
Weight:							Weight:						
<b><u>Breakfast</u></b>							<b><u>Breakfast</u></b>						
<b><u>Lunch</u></b>							<b><u>Lunch</u></b>						
<b><u>Snack</u></b>							<b><u>Snack</u></b>						
<b><u>Dinner</u></b>							<b><u>Dinner</u></b>						
<b><u>Snack</u></b>							<b><u>Snack</u></b>						