

| DATE: | | | | | |
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| MEAL | TIME | WHAT YOU ATE | SERVINGS | CALORIES | NOTES |
| BREAKFAST | | | | | |
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| LUNCH | | | | | |
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| DINNER | | | | | |
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| SNACKS | | | | | |
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| TOTAL CALORIES | | | | | |

| DATE: | | | | | |
|-----------------------|------|--------------|----------|----------|-------|
| MEAL | TIME | WHAT YOU ATE | SERVINGS | CALORIES | NOTES |
| BREAKFAST | | | | | |
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| LUNCH | | | | | |
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| DINNER | | | | | |
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| SNACKS | | | | | |
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| TOTAL CALORIES | | | | | |