

# 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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