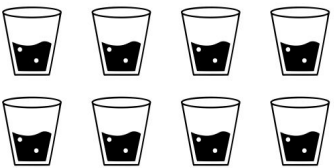


DAILY FOOD DIARY

DATE: _____

DAY: _____

BREAKFAST:	CALORIES:	CARBS:	FAT:	PROTEIN:
LUNCH:	CALORIES:	CARBS:	FAT:	PROTEIN:
DINNER:	CALORIES:	CARBS:	FAT:	PROTEIN:
SNACK:	CALORIES:	CARBS:	FAT:	PROTEIN:
WATER: 	NOTES:			