MY FOOD JOURNAL		EDVING	041 00150
Breakfast	S	ERVING	CALORIES
			SUBTOTAL
Mid-Morning Snack			
Lunch			SUBTOTAL
Lunon			
			SUBTOTAL
Mid-Afternoon Snack			
Dinner			
			SUBTOTAL
Evening Snack			
			SUBTOTAL
TOTAL	CALORIES FRO	M FOOD	
MY FITNESS JOURNAL			
		ID ATIO:	0.11.0.0156
Activity	DU	JRATION	CALORIES