

# 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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