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| --- |
| **Food Diary**  |
| **Date:\_\_\_\_\_\_\_\_\_\_\_\_** |   |   |
| **Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |   |   |
| Food | Amount (cal) | Comments Mood |
| **Breakfast:** |   |   |
|  |   |   |
|  |   |   |
|  |   |   |
|  |   |   |
|  |   |   |
| **Snack:** |   |   |
|  |   |   |
|  |   |   |
| **Lunch:** |   |   |
|  |   |   |
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|  |   |   |
|  |   |   |
|  |   |   |
| **Snack:** |   |   |
|  |   |   |
|  |   |   |
| **Dinner:** |   |   |
|  |   |   |
|  |   |   |
|  |   |   |
|  |   |   |
|  |   |   |
| **Snack:** |   |   |