

| Date | Time         | Morning Food (g) C/P/F/Cal   |    |             |         |
|------|--------------|------------------------------|----|-------------|---------|
|      |              |                              |    |             |         |
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|      |              |                              |    |             |         |
|      | Total:       |                              |    |             |         |
|      |              | Afternoon Food (g) C/P/F/Cal |    |             |         |
|      |              |                              |    |             |         |
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|      | Total:       |                              |    |             |         |
|      |              | Evening Food (g) C/P/F/Cal   |    |             |         |
|      |              |                              |    |             |         |
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|      |              |                              |    |             |         |
|      | Total:       |                              |    |             |         |
|      | <b>TOTAL</b> | Carb (g)                     | X4 | / total cal | X100= % |
|      |              | Protein (g)                  | X4 | / total cal | X100= % |
|      |              | Fat (g)                      | X9 | /total cal  | X100= % |
|      |              | Alcohol (g)                  | X7 | /total cal  | X100= % |
|      |              | Total Calories:              |    |             |         |