

# Food Journal

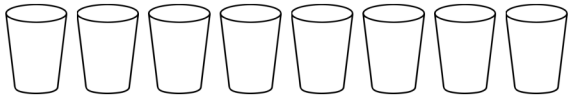
**MONDAY**

**BREAKFAST:**

**LUNCH:**

**DINNER:**

**SNACKS:**



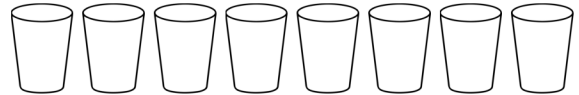
**TUESDAY**

**BREAKFAST:**

**LUNCH:**

**DINNER:**

**SNACKS:**



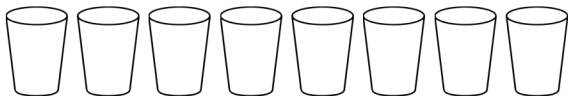
**WEDNESDAY**

**BREAKFAST:**

**LUNCH:**

**DINNER:**

**SNACKS:**



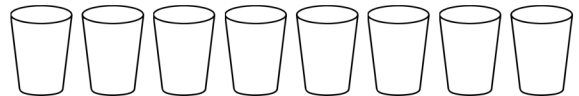
**THURSDAY**

**BREAKFAST:**

**LUNCH:**

**DINNER:**

**SNACKS:**



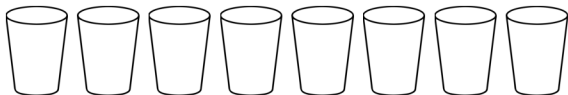
**FRIDAY**

**BREAKFAST:**

**LUNCH:**

**DINNER:**

**SNACKS:**



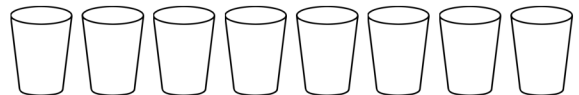
**SATURDAY**

**BREAKFAST:**

**LUNCH:**

**DINNER:**

**SNACKS:**



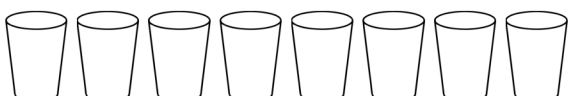
**SUNDAY**

**BREAKFAST:**

**LUNCH:**

**DINNER:**

**SNACKS:**



**NOTES**