

Food Journal

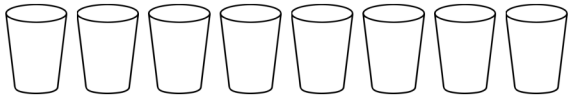
MONDAY

BREAKFAST:

LUNCH:

DINNER:

SNACKS:



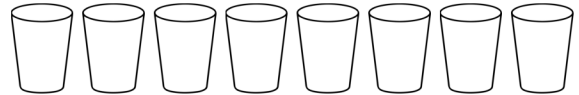
TUESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACKS:



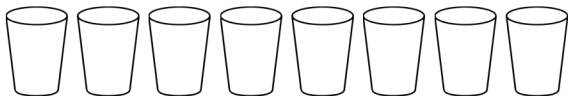
WEDNESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACKS:



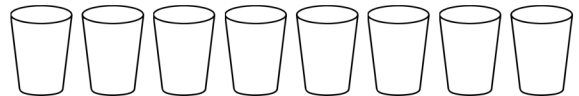
THURSDAY

BREAKFAST:

LUNCH:

DINNER:

SNACKS:



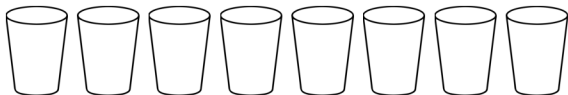
FRIDAY

BREAKFAST:

LUNCH:

DINNER:

SNACKS:



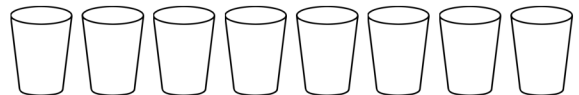
SATURDAY

BREAKFAST:

LUNCH:

DINNER:

SNACKS:



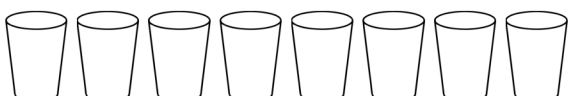
SUNDAY

BREAKFAST:

LUNCH:

DINNER:

SNACKS:



NOTES