

# Food Journal

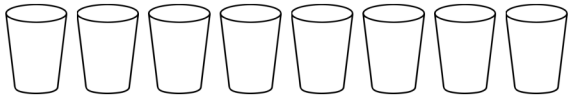
## MONDAY

BREAKFAST:

LUNCH:

DINNER:

SNACKS:



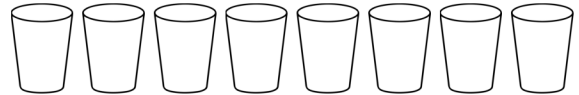
## TUESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACKS:



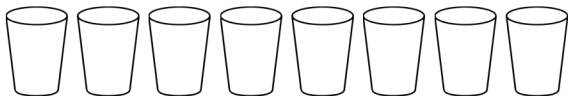
## WEDNESDAY

BREAKFAST:

LUNCH:

DINNER:

SNACKS:



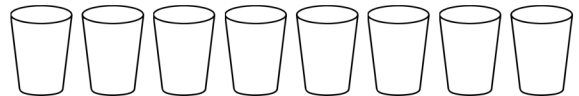
## THURSDAY

BREAKFAST:

LUNCH:

DINNER:

SNACKS:



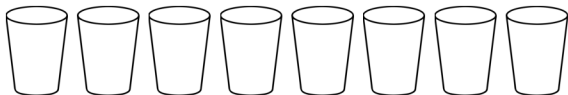
## FRIDAY

BREAKFAST:

LUNCH:

DINNER:

SNACKS:



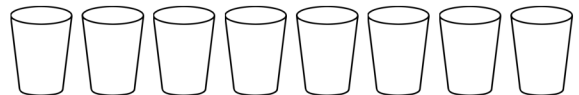
## SATURDAY

BREAKFAST:

LUNCH:

DINNER:

SNACKS:



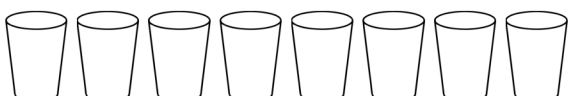
## SUNDAY

BREAKFAST:

LUNCH:

DINNER:

SNACKS:



## NOTES