


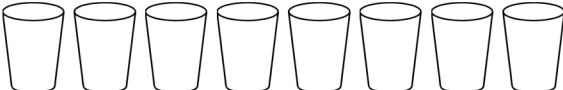



Food Journal


MONDAY
BREAKFAST:
LUNCH:
DINNER:
SNACKS:


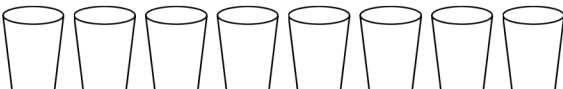
TUESDAY
BREAKFAST:
LUNCH:
DINNER:
SNACKS:


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