Food Diary Sheets

	MY Fo	ood Diar	y Worksh	eet: Da	y I		
Name:					-		
Day:			Date:				
,							
Meal #1							
Time:							
Food Item	Amount	Calories	Protein/g	Carbs/g	Fat/g	Fiber/g	Sodium/ma
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Total Meal #1:							
Notes:				<u> </u>			·
1,000.							
Meal #2							
Time:							
Time:							
Food Item	Amount	Calonias	Protein/g	Carbs/g	Fat/g	Fiber/g	Sodium/mg
1 OOG ILEIII	Amount	Calories	Trocerry	Carbs/g	1 449	1 IDEI7G	Joanning
						1	
Total Meal #2:							
Notes:							