

Day:  M T W Th Fr Sat Sun  Date: \_\_\_\_\_

Water: \_\_\_\_\_

Exercise: \_\_\_\_\_

	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Protein					
Vegetables					
Fruit					
Dairy					
Starch					
Fat					

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Exercise: \_\_\_\_\_

	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
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Vegetables					
Fruit					
Dairy					
Starch					
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