

# Advanced Program Food Journal

Date: \_\_\_\_\_

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

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

Breakfast

Morning Snack

Lunch

Afternoon Snack

Dinner

Time:

<b>Protein</b>					
<b>Protein Packets</b>					
<b>Vegetables</b>					
<b>Fruit</b>					
<b>Dairy</b>					

Comments:

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