

Your Diet Diary

Proteins:		Oz:		Grams:		Date:	Day:
Fruits:		Ea:		Cups:		Meal Time	
Vegetables:		Serv:		Cups:		Fluid	Amount:
Carbs / Sugars:		Serv:		Ea:			Type:
Grains:		Cups:		tbls:		Notes:	
Carbs:	Fat:	Protein:	Calories:				

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Vegetables:		Serv:		Cups:		Fluid	Amount:
Carbs / Sugars:		Serv:		Ea:			Type:
Grains:		Cups:		tbls:		Notes:	
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