

DAILY FOOD DIARY

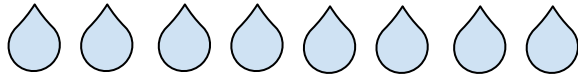
TODAY I AM FEELING....

HEALTHY EXTRA A:

SYNS

HEALTHY EXTRA B:

WATER:



SNACKS, DRINKS, EXTRAS

BREAKFAST

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LUNCH

DINNER