

Food Journal

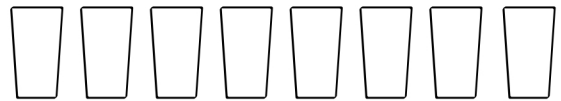
DAY OF

BREAKFAST

TOP PRIORITIES

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LUNCH



TODAY I WILL

DINNER

ACTIVITY

SNACKS

Notes:

TOTALS