

# Food Journal

DAY OF \_\_\_\_\_

**BREAKFAST**

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**TOP PRIORITIES**

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**LUNCH**

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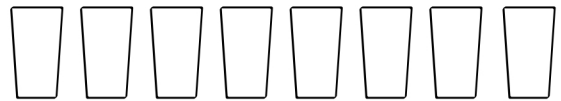
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**TODAY I WILL**

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**DINNER**

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**ACTIVITY**

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**SNACKS**

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*Notes:*

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**TOTALS**

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