Diet Log

DATE

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		DA	ILY FOOD ALLO	OWANCE				
CALORIES		CARBS	PROTE	IN	SUGAR		FAT	
\/E41.6		W2412	WOLL CARRO		DDOTEIN CHEAD			
MEAI		<u> </u>	KCALS	CARBS	PROTEIN	SUGAR	FAT	
BREAKFAST							<u> </u>	
							+	
LUNCH								
DINNER								
							+	
							+	
SNACKS							-	