FOOD JOURNAL

S		Meals & Calories:	Exercise:
	Breakfast:		
U	Lunch:		
N.	Dinner:		Calorie Total:
	Snacks:		
М		Meals & Calories:	Exercise:
	Breakfast:		
O	Lunch:		
N.	Dinner:		Calorie Total:
	Snacks:		
Т		Meals & Calories:	Exercise:
U	Breakfast:		
	Lunch:		Galassis Makal
E.	Dinner:		Calorie Total:
	Snacks:	Tuffically the Colombian	Waranaiaa
W	Breakfast:	Meals & Calories:	Exercise:
Ε	Lunch:		
	Dinner:		Calorie Total:
D.	Snacks:		Caloffe Total.
200	Silacks.	Meals & Calories:	Exercise:
Т	Breakfast:		
Н	Lunch:		
U.	Dinner:		Calorie Total:
Ο.	Snacks:		
_		Meals & Calories:	Exercise:
F	Breakfast:		
R	Lunch:		
1.	Dinner:		Calorie Total:
	Snacks:		
S		Meals & Calories:	Exercise:
	Breakfast:		
Α	Lunch:		
T.	Dinner:		Calorie Total:
	Snacks:		