**FOOD DIARY**

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|  | Day 1 | Day 2 | Day 3 | Day 4 |
| BREAKFAST | **Food Items** | **Serving Size** | **Food Items** | **Serving Size** | **Food Items** | **Serving Size** | **Food Items** | **Serving Size** |
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| LUNCH |  |  |  |  |  |  |  |  |
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| DINNER |  |  |  |  |  |  |  |  |
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