FOOD & DRINK JOURNAL

**DAY:**

|  |  |
| --- | --- |
| **Breakfast:** |  |
| **Snack:** |  |
| **Lunch:** |  |
| **Snack:** |  |
| **Dinner:** |  |
| **Snack:** |  |
| **Glasses of water and tea:** | O O O O O O O O O O O O O O |

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