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Food Diary

Typical Breakfast Choices:

Typical After Breakfast Snack Choices:

Typical Lunch Choices:

Typical After Lunch Snack Choices:

Typical Dinner Choices:

Typical After Dinner Snack Choices:

Refreshments: (Jot down all the different refreshments you have throughout the day.)

List all the Vitamins & Supplements previously or currently taking:
