

	Meal	Time	Food	Amount	Preparation	Calories	Comments
	Breakfast	8:00:00 AM					
	Lunch						
	Dinner						
	Snack						
	Exercise						
	Meal	Time	Food	Amount	Preparation	Calories	Comments
	Breakfast						
	Lunch						
	Dinner						
	Snack						
	Exercise						
	Meal	Time	Food	Amount	Preparation	Calories	Comments
	Breakfast						
	Lunch						
	Dinner						
	Snack						
	Exercise						
	Meal	Time	Food	Amount	Preparation	Calories	Comments
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