| Date: | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Amounts & Food Description | | Veg | Starch | Fruit | Milk | 35 cal Proteins | 55 cal Proteins | 75 cal Proteins | 100 cal Proteins | Fats | Extra Calories | Protein Grams |
| Amt | Food Description | | | | | | | | | | | |
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| | | | | | | | | | | | | |
| Totals | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Calories Per Unit | | Free | 80 | 60 | 90 | 35 | 55 | 75 | 100 | 45 | | |
| Total Calories | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | |
| Grams of Fat/Protein | | | | | | 1 | 3 | 5 | 8 | 5 | Total Cals | 0 |
| Total Fat Grams | | | | | | 0 | 0 | 0 | 0 | 0 | Total Fats | 0 |
| Journal (How I felt:) | | | | | | | | | | | | |
| Hunger Rating | Breakfast: | Lunch: | | | Dinner: | | | Night: | | | | |