

Food Record

Date/Meal	Time	Foods Eaten (include amounts)	Date/Meal	Time	Foods Eaten (include amounts)
Date:			Date:		
Breakfast			Breakfast		
AM Snack			AM Snack		
Lunch			Lunch		
PM Snack			PM Snack		
Dinner			Dinner		
BT Snack			BT Snack		

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Breakfast			Breakfast		
AM Snack			AM Snack		
Lunch			Lunch		
PM Snack			PM Snack		
Dinner			Dinner		
BT Snack			BT Snack		