

Food Diary

/	Breakfast	Lunch	Dinner	Snacks
S M T W T F S	Description	Description	Description	Description
Fruit				
Legumes				
Whole Grains				
Vegetables				
Other				
DAILY TOTALS	Fruit (3)	Legumes (2)	Grains (5)	Veggies (4)
Water (8 x 8oz.)		Cardio	Weights/Training	
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