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HarbisonMedicalAssociates.com



Daily Food Diary

Date:__

	Food and Drinks	Calories	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)
Breakfast						
			ļ			
						ļ
	TOTALS:					
Morning Snack			ļ			ļ
Lunch						
						<u> </u>
	TOTALS:		ļ			
Afternoon Snack			ļ			
Dinner						
						
	TOTALS:					<u> </u>
	TOTAL FOR THE DAY:					