

# DAILY FOOD LOG

DATE:

MEAL	TIME	WHAT YOU ATE	SERVINGS	CALORIES	NOTES
<b>BREAKFAST</b>					
<b>LUNCH</b>					
<b>DINNER</b>					
<b>SNACKS</b>					
<b>TOTAL CALORIES</b>					

# Food Log Template

**Annelies Wilder-Smith**



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