

# FOOD JOURNAL

DAY:

MORNING	WHAT I ATE AND DRANK		CALORIES	CARBS
			FAT	SUGAR
	HOW I FELT BEFORE	HOW I FELT AFTER	PROTEIN	FIBRE

LUNCH	WHAT I ATE AND DRANK		CALORIES	CARBS
			FAT	SUGAR
	HOW I FELT BEFORE	HOW I FELT AFTER	PROTEIN	FIBRE

DINNER	WHAT I ATE AND DRANK		CALORIES	CARBS
			FAT	SUGAR

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	HOW I FELT BEFORE	HOW I FELT AFTER

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FAT	SUGAR
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	HOW I FELT BEFORE	HOW I FELT AFTER

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