

3-Day Diet Diary

DAY	MEAL	ITEM	QUANTITY	CALORIES	SATURATED FAT	ADDED SUGAR	FOOD GROUPS
1	Breakfast						
1	Lunch						
1	Snack						
1	Dinner						
2	Breakfast						
2	Lunch						
2	Snack						
2	Dinner						
3	Breakfast						
3	Lunch						
3	Snack						
3	Dinner						

Summary Totals

DAY	TOTAL CALORIES	TOTAL SATURATED FAT	TOTAL ADDED SUGAR	TOTAL FRUIT	TOTAL GRAIN	TOTAL DAIRY	TOTAL PROTEIN
1							
2							
3							

CALORIC GOAL FROM APP	
UNDER OR OVER YOUR BUDGET?	

Sixty Day Diet Diary

Kathleen Armour

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Sixty Day Diet Diary:

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, Experience Loveis Journey in **Sixty Day Diet Diary** . This emotionally charged ebook, available for download in a PDF format (PDF Size: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

https://archive.kdd.org/results/scholarship/HomePages/The_Dangerous_Edge.pdf

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