# Daily Food Diary: Sunday, January 12, 2012

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| --- | --- | --- | --- | --- |
| Breakfast | # Servings | Est. Calories | Protein | Comments |
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|  |  |  |  |  |
| Total |  |  |  |  |

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| --- | --- | --- | --- | --- |
| Lunch | # Servings | Est. Calories | Protein | Comments |
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|  |  |  |  |  |
| Total |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Dinner | # Servings | Est. Calories | Protein | Comments |
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|  |  |  |  |  |
| Total |  |  | 21 |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Snacks | # Servings | Est. Calories | Protein | Comments |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

### \*Notes on today: [Select an item from the list, if applicable.]

### \*If today is a weigh-in day, enter your weight (lbs or kg): [Type your weight or type N/A]