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**Date: \_\_ / \_\_ / \_\_\_\_\_**

**Prepared By:**

Weekly Food Journal

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| S # | Food Items | Qty | Meal | Calories | Other Ingredients |
| Day 1 |  |  |  |  |  |
| Day 2 |  |  |  |  |  |
| Day 3 |  |  |  |  |  |
| Day 4 |  |  |  |  |  |
| DAY 5 |  |  |  |  |  |
| DAY 6 |  |  |  |  |  |
| DAY 7 |  |  |  |  |  |

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_