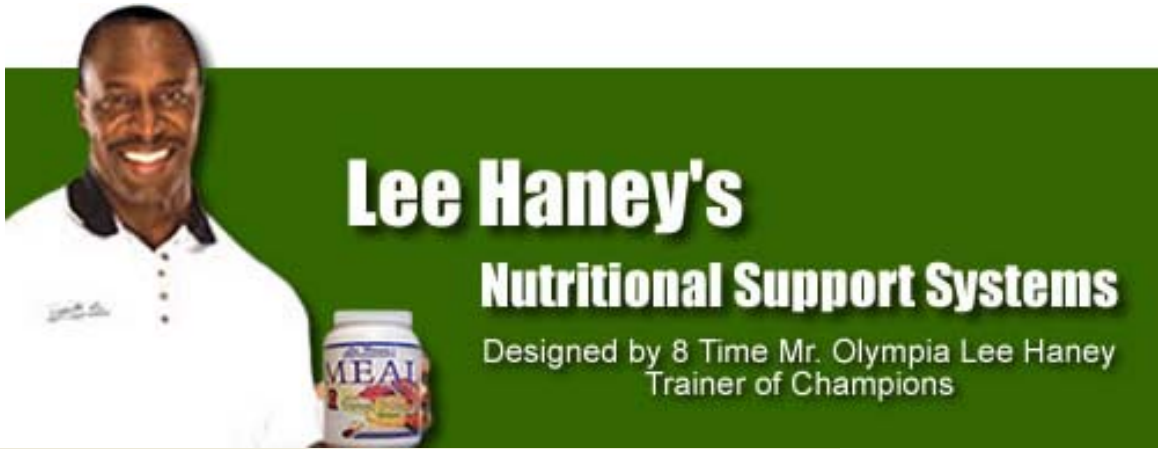


DAILY MEAL LOG

DATE _____

FOODS	Protein (grams)	Carbs (grams)	Fat (grams)	Water (grams)	Other
Meal 1					
Total Calories for meal 1					
Meal 2					
Total Calories for meal 2					
Meal 3					
Total Calories for meal 3					



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Meal 4					

Total Calories for meal 4


Meal 5					

Total Calories for meal 5


Meal 6					

Total Calories for meal 6

Calories	Protein	Carbs	Fat	Water	Other
DAILY CALORIC GOAL					



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SUPPLEMENTS: _____
