Weekly Food Journal

	Monday						
	Carb	**Protein**	**Fruit**	**Vegetable**	**Drink**	**Supplement**	**Other**
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	Tuesday						
	Carb	Protein	Fruit	Vegetable	Drink	Supplement	Other
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	Wednesday						
	Carb	Protein	Fruit	Vegetable	Drink	Supplement	Other
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	Thurday						
	Carb	Protein	Fruit	Vegetable	Drink	Supplement	Other
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	Friday						
	Carb	**Protein**	**Fruit**	**Vegetable**	**Drink**	**Supplement**	**Other**
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	Saturday						
	Carb	**Protein**	**Fruit**	**Vegetable**	**Drink**	**Supplement**	**Other**
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	Sunday						
	Carb	Protein	Fruit	Vegetable	Drink	Supplement	Other
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