

## Three Day Food Journal

Breakfast	Day 1	Breakfast	Day 2	Breakfast	Day 3
Mid-Morning Sna	ICK (Optional)	Mid-Morning S	nack (Optional)	Mid-Morning S	Snack (Optional)
Lunch		Lunch		Lunch	
Afternoon Snack		Afternoon Sna	ck	Afternoon Sno	ack
Dinner		Dinner		Dinner	
Bedtime Snack		Bedtime Snack	ζ	Bedtime Snac	k
Liquids		Liquids		Liquids	
Notes:					
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