Date

Breakfast

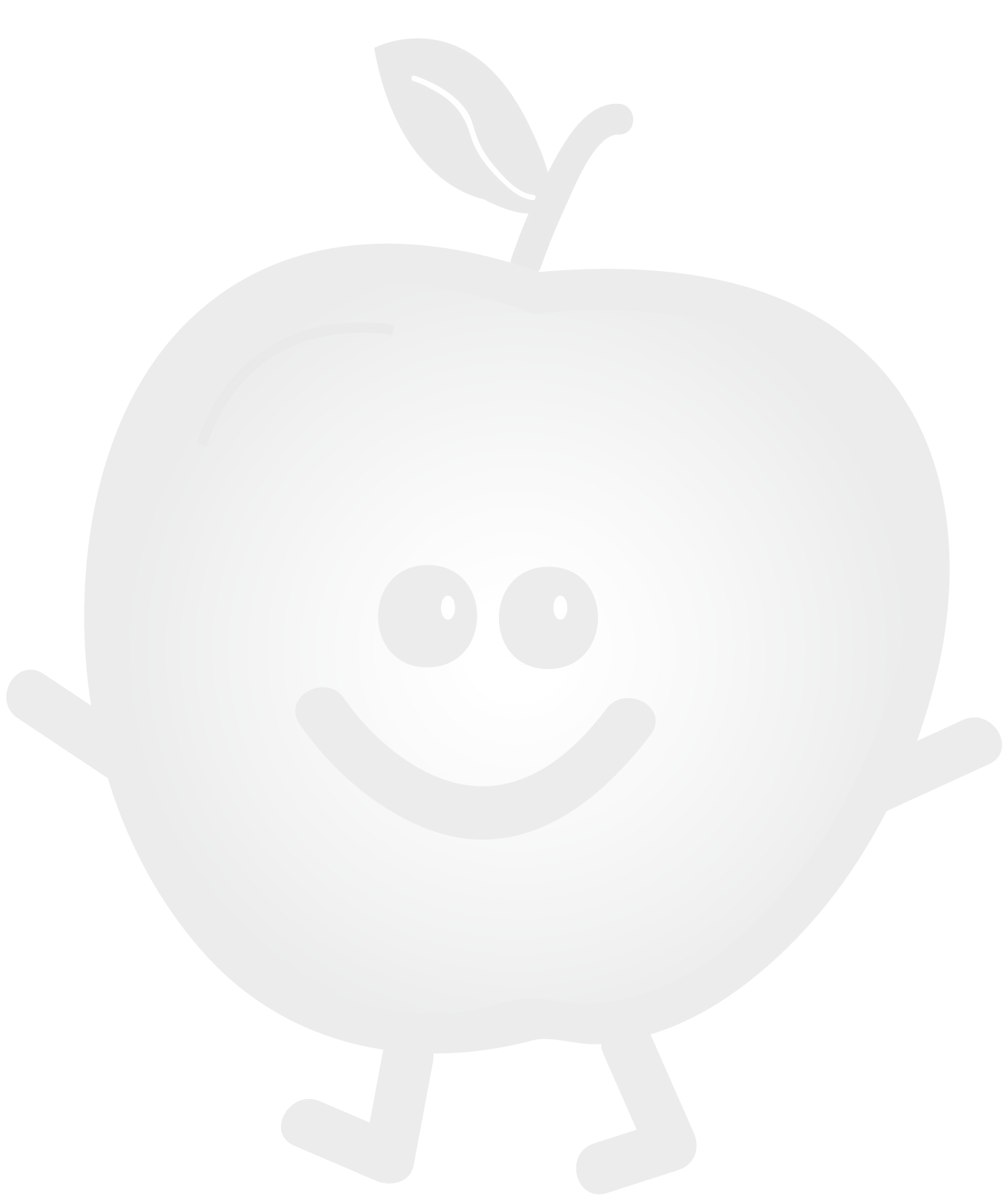
Lunch

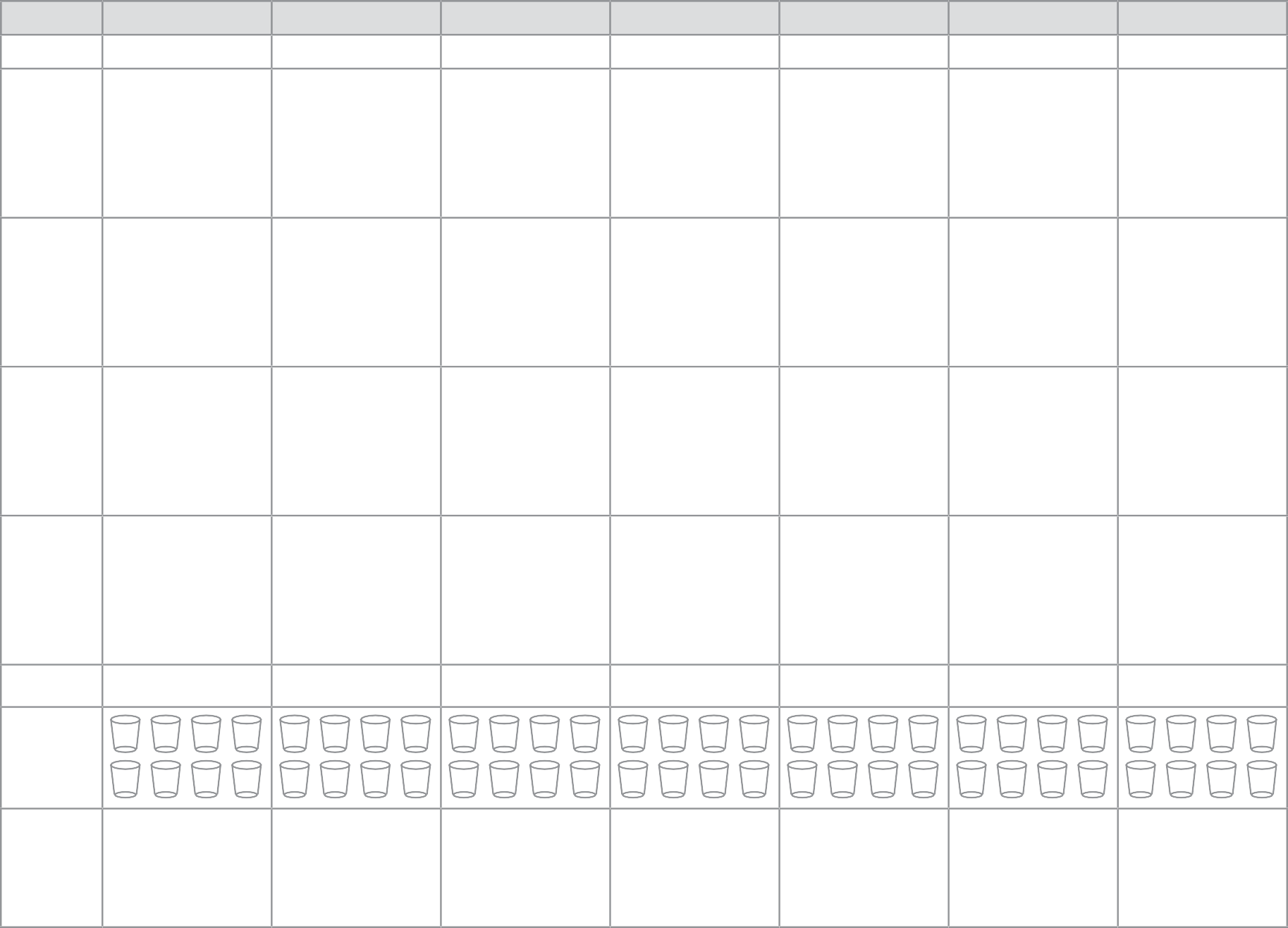
Dinner

Snacks

Calories Water

Weekly Food Diary 

Monday Tuesday Wednesday Thursday Friday Saturday Sunday



Exercise

