NAME: _____ COMMENTS: _____

DATE: _____ DAY: _____ _____

| Breakfast | | | Lunch | | | Supper | | |
|---|---|---|---|---|---|---|---|---|
| Time | Food Description/amount | Carbs | Time | Food Description/amount | Carbs | Time | Food Description/amount | Carbs |
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| Morning Snack | | | Afternoon Snack | | | Evening Snack | | |
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| Breakfast | | | Lunch | | | Supper | | |
|---|---|---|---|---|---|---|---|---|
| Time | Food Description/amount | Carbs | Time | Food Description/amount | Carbs | Time | Food Description/amount | Carbs |
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| Morning Snack | | | Afternoon Snack | | | Evening Snack | | |
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