

# MY FOOD DIARY



MONDAY		Water
Breakfast		🍷🍷🍷🍷🍷🍷
Snack		
Lunch		
Snack		
Dinner		
Snack		

FRIDAY		Water
Breakfast		🍷🍷🍷🍷🍷🍷
Snack		
Lunch		
Snack		
Dinner		
Snack		

TUESDAY		Water
Breakfast		🍷🍷🍷🍷🍷🍷
Snack		
Lunch		
Snack		
Dinner		
Snack		

SATURDAY		Water
Breakfast		🍷🍷🍷🍷🍷🍷
Snack		
Lunch		
Snack		
Dinner		
Snack		

WEDNESDAY		Water
Breakfast		🍷🍷🍷🍷🍷🍷
Snack		
Lunch		
Snack		
Dinner		
Snack		

SUNDAY		Water
Breakfast		🍷🍷🍷🍷🍷🍷
Snack		
Lunch		
Snack		
Dinner		
Snack		

THURSDAY		Water
Breakfast		🍷🍷🍷🍷🍷🍷
Snack		
Lunch		
Snack		
Dinner		
Snack		

**NOTES** \_\_\_\_\_

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