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A Lexington Medical Center Physician Practice

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## **Daily Food Diary**

Date:\_

	Food and Drinks	Calories	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)
Breakfast						
	TOTALS:					
Morning Snack						
Lunch						
	TOTALS:					
	IUIALS.					
Afternoon Snack Dinner						
	TOTALS:					<u> </u>
	TOATAL FOR THE DAY:					