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A Lexington Medical Center Physician Practice LMCLexingtonInternists.com



Daily Food Diary

Date:

	Food and Drinks	Calories	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)
Breakfast						
	TOTALS:					
Morning Snack						
Lunch						
	TOTALS:					
Afternoon Snack						
Dinner						
	TOTALS:					
	TOATAL FOR THE DAY:					