My Daily Food Journal

Date		

Time	Place	Food/Drink	Calories	Protein	Eff. Carb	*	**	Comments
		1						

Date			" Exces	sive Benavi	or	***1	Hunger Scale	! (1-5)

Time	Place	Food/Drink	Calories	Protein	Eff. Carb	*	**	Comments
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