



NUTRITIONAL CHART

Date:	<i>Food/Beverage (including serving size)</i>	<i>Carbohydrates (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Meal 1 _____					
am/pm					
Meal 2 _____					
am/pm					
Meal 3 _____					
am/pm					
Meal 4 _____					
am/pm					
Meal 5 _____					
am/pm					
Totals					

*Food charts apply Mon-Sat, while Sunday is considered an "off" day.



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