

MY FOOD DIARY

WEEK COMMENCING

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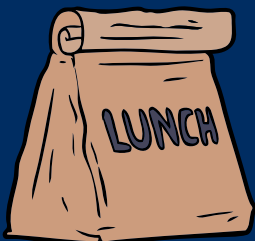
TH

F

BREAKFAST



LUNCH



DINNER



SNACKS



WATER

