**Food & Beverage Log**

DAY & DATE:

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| **Time :** | **Wake-up** |  |  |
| **Time & Meal** | **Food name** | **Amount** | **Comments** |
| **Example:**  **8:15am/ Breakfast** | **Example:**  **Fruit Smoothie**   * **Vanilla Soymilk** * **Frozen Banana** * **Frozen Strawberries** | **Example:**  **8 fl. oz. Total**   * **4 fl. oz.** * **1 small** * **1/3 cup** | **Example:**  **Homemade** |
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| **Time :** | **To Sleep** |  |  |