**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** |  |  |