

Nutrition Chart

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|------------------------|--------------------|-----------------|--------------|----------------|------------|--------------|--------------|---------------|
| Name | | Date | | | | | | |
| Nutrition Goals | | | | | | | | |
| 1. | | | | | | | | |
| 2. | | | | | | | | |
| 3. | | | | | | | | |
| | Foods Eaten | Calories | Carbs | Protein | Fat | Fibre | Sugar | Sodium |
| Breakfast | | | | | | | | |
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| | | | | | | | | |
| Morning Snack | | | | | | | | |
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| | | | | | | | | |
| Lunch | | | | | | | | |
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| Afternoon Snack | | | | | | | | |
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| | | | | | | | | |
| Dinner | | | | | | | | |
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| | | | | | | | | |
| Evening Snack | | | | | | | | |
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| | | | | | | | | |
| Daily Total | | | | | | | | |