Food J	ournal				Alka S	ka Sheth, Registered Dietitian Tel: (609) 712-1040 "Eat Sm								ive Well"	
Patien	t Name:														
Day					Day	Day					Day				
Serving				╢	Serving							Serving	<u>-</u>		
Time	Food (Write down the foods you eat and portion size)	СНО	Protein		Time	Food (Write down the foods you eat and portion size)	сно	Protein		Time	Food (Write down the foods you eat and portion size)	СНО	Protein		
	<u>Breakfast</u>					<u>Breakfast</u>					<u>Breakfast</u>				
	<u>Snack</u>	\bot				<u>Snack</u>		<u> </u>			<u>Snack</u>				
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	<u>Lunch</u>					<u>Lunch</u>		'			<u>Lunch</u>		<u> </u>		
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	<u>Snack</u>					<u>Snack</u>		'			<u>Snack</u>		'		
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					<u> </u>			<u> </u>							
	<u>Dinner</u>			<u> </u>	<u> </u>	<u>Dinner</u>		<u> </u>			<u>Dinner</u>		<u> </u>		
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	<u>Snack</u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u>Snack</u>		<u> </u>			<u>Snack</u>	<u> </u>	<u> </u>		
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