Nutritional diary

Monday

Upon getting up	Time Taken
- 10511	
Food & Drink Remarks	
Remarks	
Breakfast	Time Taken
	· · · · · · · · · · · · · · · · · · ·
Food & Drink	
Remarks	
Between meals	Time Taken
Food & Drink	
Remarks	
Lunch	omments, Time of consumption, Snacks: fruits, candy, cakes and cookies, drinks, dairy products, etc. Time Taken
Lunch	Time taken
Food & Drink	
Remarks	
Between meals	Time Taken
Food & Drink	
Remarks	
Lunch	Time Taken
Food & Drink	
Remarks	
Between meals	Time Taken
Food & Drink	
Remarks	
Dinner	Time Taken
Ford 0 Details	
Food & Drink Remarks	
Remarks	
Between meals	Time Taken
Food & Drink Remarks	
Remarks	
Before sleep	Time Taken
Food & Drink	
Remarks	
Between meals	Time Taken
Food & Drink	
Remarks	
Over night	Time Taken
Food & Drink	
Remarks	

Nutritional diary

Thuesday

Upon getting up	Time Taken		
Food & Drink			
Remarks			
Breakfast	Time Taken		1
Dieaklast	Tillie Takeli	l	
Food & Drink			
Remarks			
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Between meals	Time Taken		
Food & Drink			
Remarks			
Food and drink, Comments, Time of consumption, S	nacks: fruits, cand	y, cakes and cook	ies, drinks, dairy products, etc.
Lunch	Time Taken	•	
Food & Drink			
Remarks			
Between meals	Time Taken	I	1
Detween means	Tillie Takeli		
Food & Drink			
Remarks			
Lunch	Time Taken		
Food & Drink			
Remarks			
Between meals	Time Taken		
Food & Drink			
Remarks			
	<u> </u>	ı	1
Dinner I	Time Taken		
Food & Drink			
Remarks			
Between meals	Time Taken		
Food & Drink			
Remarks			
Before sleep	Time Taken	l]
	Time Taken		
Food & Drink			
Remarks			
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Between meals	Time Taken		
Food & Drink			
Remarks			
Over night	Time Taken	I	
Food & Drink			
Remarks			

Nutritional diary

Friday

Upon getting up	Time Taken		
Food & Drink			
Remarks			
Breakfast	Time Taken	T	1
Dieakiast	Tillie Takeli		
Food & Drink			
Remarks			
	-		•
Between meals	Time Taken		
Food & Drink			
Remarks			
Food and drink, Comments, Time of consumption, S	Snacks: fruits, cand	v. cakes and cook	ies, drinks, dairy products, etc.
Lunch	Time Taken	,,	, , , , , , , , , , , , , , , , , , , ,
Food & Drink			
Remarks			
Paharan maala	Time a Table	1	1
Between meals	Time Taken		
Food & Drink			
Remarks			
Lunch	Time Taken		
Food & Drink			
Remarks			
Between meals	Time Taken	1	1
	Time Tuken	ı	
Food & Drink			
Remarks			
	-	_	1
Dinner	Time Taken		
Food & Drink			
Remarks			
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Between meals	Time Taken		
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Food & Drink Remarks			
Remarks			
Before sleep	Time Taken]
Food & Drink			
Remarks			
Between meals	Time Taken		
Food & Drink			
Remarks			
Over night	Time Taken]
Food & Drink			
Remarks			

Nutritional diary

Sunday

Upon getting up	Time Taken
Food & Drink	
Remarks	
Breakfast	Time Taken
Di cuittast	Time Tuken
Food & Drink	
Remarks	
Between meals	Time Taken
Food & Drink	
Remarks	
Food and drink, C	Comments, Time of consumption, Snacks: fruits, candy, cakes and cookies, drinks, dairy products, etc.
Lunch	Time Taken
Food & Drink Remarks	
Remarks	
Between meals	Time Taken
Food & Drink	
Remarks	
Lunch	Time Taken
Food & Drink	
Remarks	
Between meals	Time Taken
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Food & Drink Remarks	
Remarks	
Dinner	Time Taken
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Food & Drink	
Remarks	
Between meals	Time Taken
between means	Tillle Takell
Food & Drink	
Remarks	
Before sleep	Time Taken
Food & Drink	
Remarks	
Between meals	Time Taken
Food & Drink	
Remarks	
Over night	Time Taken
Food & Drink	
Remarks	

Nutritional diary

Wednesday

Upon getting up	Time Taken
Food & Drink	
Remarks	
Breakfast	Time Taken
	Time Taken
Food & Drink	
Remarks	
Between meals	Time Taken
Food & Drink	
Remarks	
	Comments, Time of consumption, Snacks: fruits, candy, cakes and cookies, drinks, dairy products, etc.
Lunch	Time Taken
Food & Drink	
Remarks	
Between meals	Time Taken
Detween medis	THILE TORCH
Food & Drink	
Remarks	
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Lunch	Time Taken
Food & Drink	
Remarks	
Remarks	
Between meals	Time Taken
Food & Drink	
Remarks	
Dinner	Time Taken
Diffice	Time taken
Food & Drink	
Remarks	
Between meals	Time Taken
Food & Drink	
Remarks	
Before sleep	Time Taken
Food & Drink	
Remarks	
Between meals	Time Taken
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Food & Drink	
Remarks	
Over night	Time Taken
Food & Drink	
Remarks	

Nutritional diary

Thursday

Upon getting up	Time Taken	
Food & Drink		
Remarks		
Breakfast	Time Taken	
Dieakiast	Tillle Takell	
Food & Drink		
Remarks		
Between meals	Time Taken	
Food & Drink		
Remarks		
	I Comments, Time of consumption, Snacks: fruits, candy, cakes and cookie	es, drinks, dairy products, etc.
Lunch	Time Taken	, , , , , , , , , , , , , , , , , , ,
Food & Drink		
Remarks		
Between meals	Time Taken	
between means	Time taken	
Food & Drink		
Remarks		
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Lunch	Time Taken	
Food & Drink		
Remarks		
Between meals	Time Taken	
Food & Drink		
Remarks		
Dinner	Time Taken	
Food & Drink		
Remarks		
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Between meals	Time Taken	
Food & Drink		
Remarks		
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Before sleep	Time Taken	
Food & Drink		
Remarks		
Remarks	ļ	
Between meals	Time Taken	
Food & Drink		
Remarks		
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Over night	Time Taken	
Food & Drink		
Remarks		
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Nutritional diary

Saturday

Upon getting up	Time Taken	
Food & Drink		
Remarks		
Breakfast	Time Taken	
Бісакіазс	Time taken	
Food & Drink		
Remarks		
	<u></u>	
Between meals	Time Taken	
Food & Drink		
Remarks		
Food and drink, C	Comments, Time of consumption, Snacks: fruits, candy, cakes and cookie	es, drinks, dairy products, etc.
Lunch	Time Taken	
Food & Drink		
Remarks		
Between meals	Time Taken	
Food & Drink		
Remarks		
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Lunch	Time Taken	
Food & Drink		
Remarks		
Between meals	Time Taken	
Food & Drink Remarks		
Remarks		
Dinner	Time Taken	
Food & Drink		
Remarks		
Between meals	Time Taken	
Detween medis	Time Taken	
Food & Drink		
Remarks		
Before sleep	Time Taken	
Food & Drink		
Remarks		
Remarks		
Between meals	Time Taken	
Food & Drink		
Remarks	<u> </u>	
Over night	Time Taken	
Over mgnt	Tillie Takeli	
Food & Drink		
Remarks		