

		Date			Date	
I WILL EAT:			J	I WILL EAT:		
Breakfast			_	Breakfast		
	Fruit		U	Di Gaixi do C	Fruit	
	Grain		S		Grain	
	Protein		Т		Protein	
	Dairy		•		Dairy	
Lunch	2 3)			Lunch	2 3 y	
	Protein				Protein	
	Salad				Salad	
	Vegetable				Vegetable	
Dinner	9			Dinner		
	Protein			2	Protein	
	Vegetable				Vegetable	
	Salad		F		Salad	
	Starch		_		Starch	
Snack	Gtaren		0	Snack	otal on	
	Fruit		R	0.144	Fruit	
	Dairy				Dairy	
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