FOOD JOURNAL PLANNER

THIS PLANNER BELONGS TO:

IF FOUND PLEASE CONTACT:

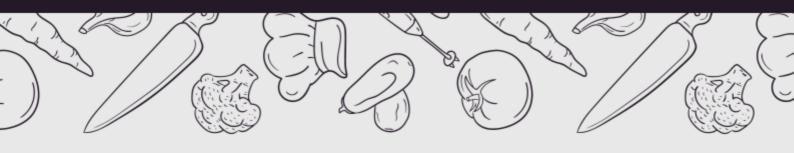
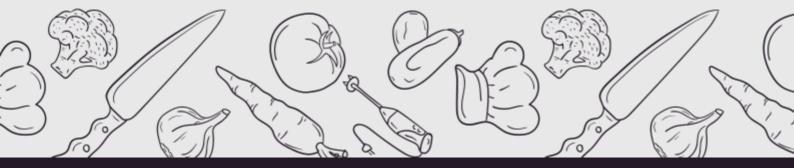


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FOOD JOURNAL PLANNER

Month _____Year___

Last Week's Meal Tracker		DATE/ TO/			
	Carbohydrates	Fats	Calories	Proteins	
Actual					
Goal					

Last Week's Budget					
Total Income	Total Expenses	Total Savings			

Reminders		Notes