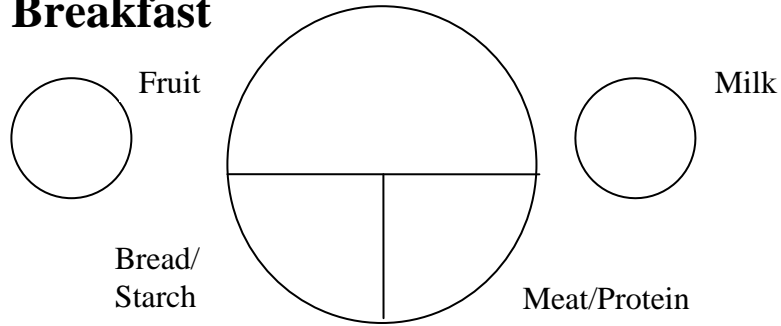


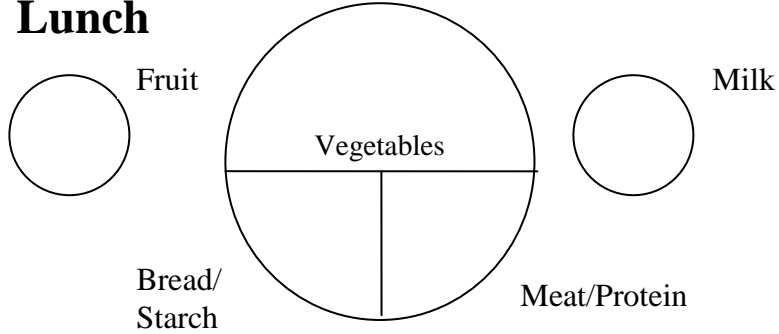
My Daily Meal Plan

Breakfast



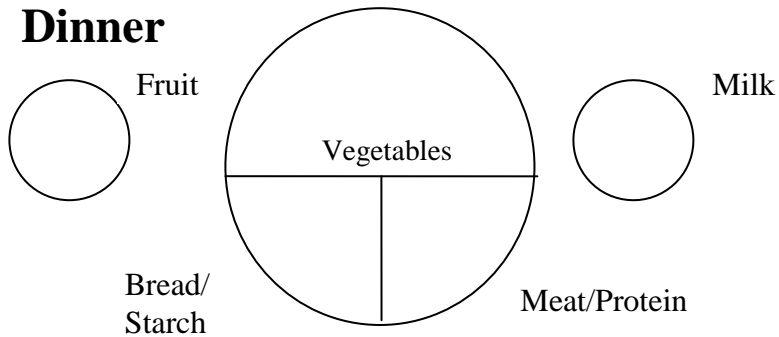
Snack

Lunch



Snack

Dinner

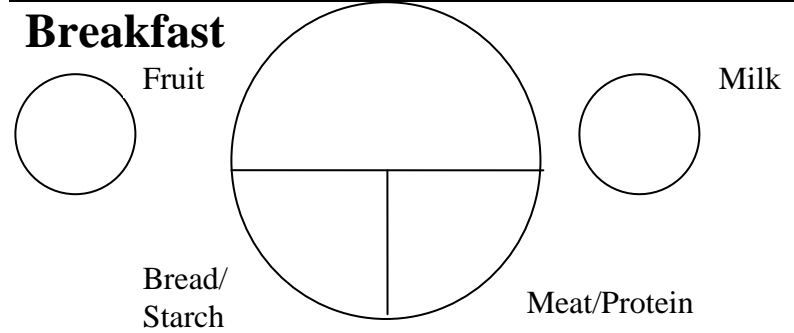


Bedtime Snack:

Activities:

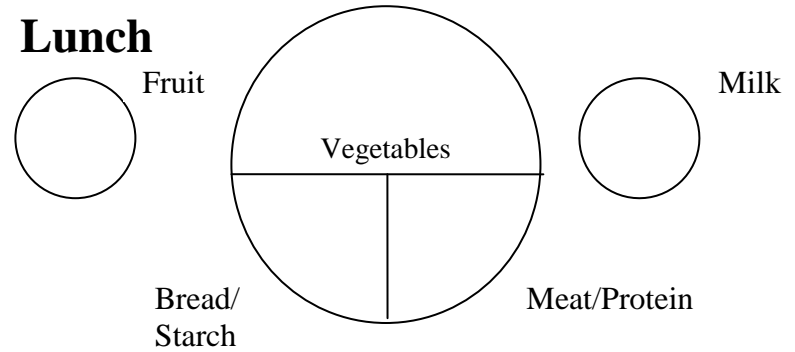
Sample Food Diary

Breakfast



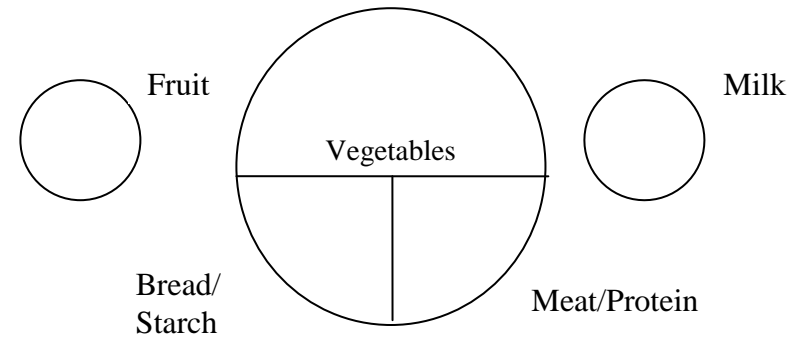
Snack

Lunch



Snack

Dinner



Bedtime Snack:

Activities: