

Nutrient Study Food Log

Example:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast: oatmeal Snack: smoothie Lunch: Turkey sandwich Dinner: Taco salad Snack: Apple +peanut butter							
Notes	Notes	Notes	Notes	Notes	Notes	Notes	Notes
-I felt full -I went on a 30 min walk							Weekly Questionnaire Due

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