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LFPNortheast.com

Lexington Medical Center

A Lexington Medical Center Physician Practice

Daily Food Diary

Date:_

	Food and Drinks	Calories	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)
Breakfast						
	TOTALS:					
Morning Snack						
Lunch						
TOTALS:						
Afternoon Snack						
Dinner						
	TOTALS:					
	TOTAL FOR THE DAY:					