

/ /	cal	fat	activity
Breakfast			
Lunch			
Snack			
Dinner			
Snack			
TOTAL			

/ /	cal	fat	activity
Breakfast			
Lunch			
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Dinner			
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/ /	cal	fat	activity
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TOTAL			TRAINERDIVA www.trainerdiva.com Visit us online for fit tips every week!

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Breakfast			
Lunch			
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Dinner			
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TOTAL			TRAINERDIVA www.trainerdiva.com Visit us online for fit tips every week!

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<u>Lunch</u>			
<u>Snack</u>			
<u>Dinner</u>			
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TOTAL			

NOTES:



