

Name: _____

Date: _____

Breakfast # Carbs:	Time:						
Snack # Carbs:	Time:						
Lunch # Carbs:	Time:						
Snack # Carbs:	Time:						
Snack # Carbs:	Time:						
Dinner # Carbs:	Time:						
Snack # Carbs:	Time:						

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