**Food Diary Format Template**

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| --- | --- | --- | --- | --- |
| Meal | Food | Calories | Mood | Notes |
| Breakfast |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| Lunch |  |  |  |  |
|  |  |  |  |  |
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|  |  |  |  |  |
|  |  |  |  |  |
| Dinner |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |