



EatSmart Daily Food and Beverage Log

Date: November 11, 2015 Day #: 3

BREAKFAST					
Food	Cals	Carbs	Fiber	Protein	
Granola Bar	150.0				
MEAL SUBTOTAL	150.0	0.0	0.0	0.0	0.0

LUNCH			
Food	Cals	Carbs	Fiber
MEAL SUBTOTAL	0.0	0.0	0.0

DINNER					
Food	Cals	Carbs	Fiber	Protein	
MEAL SUBTOTAL	0.0	0.0	0.0	0.0	0.0

SNACKS			
Food	Cals	Carbs	Fiber
MEAL SUBTOTAL	0.0	0.0	0.0

	Cals	Carbs	Fiber	Protein	
DAILY GRAND TOTAL	150	0.0	0.0	0.0	0.0

Met my goals today? Yes No

Notes:

GRAND TOTAL

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