



SARAH BROOKES
PERSONAL TRAINER

Daily Food Log

BREAKFAST	CALORIES	PROTEIN	CARBS	FAT
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SNACK	CALORIES	PROTEIN	CARBS	FAT
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LUNCH	CALORIES	PROTEIN	CARBS	FAT
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SNACK	CALORIES	PROTEIN	CARBS	FAT
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DINNER	CALORIES	PROTEIN	CARBS	FAT
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TOTAL				
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