

Dietary Tracking

MM /YY

Date:		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Veg							
	Mammal							
	Fowl							
	[Shell]Fish							
Lunch	Veg							
	Mammal							
	Fowl							
	[Shell]Fish							
Dinner	Veg							
	Mammal							
	Fowl							
	[Shell]Fish							
H. Hour/ Snacks	Booze							

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