## FOOD DIARY



DAY	BREAKFAST	Lunch	SNACKS	Dinner
Sample	8 ounces orange juice I small bagel	8 ounces milk 2 pieces wheat bread I slice American Cheese I tablespoon light mayonaise	14 ounce chocolate bar 3 cups salted popeorn	I cup green berans 3 ounces roast beef broiled I small baked potato 8 ounces water I cup ice cream
Sunday				
Monday				
Tuesday				

CareFirst BlueCross BlueShield is the business name of CareFirst of Maryland, Inc. and is an independent licensee of the Blue Cross and Blue Shield Association. ® Registered trademark of the Blue Cross and Blue Shield Association. ®' Registered trademark of CareFirst of Maryland, Inc.

## FOOD DIARY



DAY	BREAKFAST	Lunch	SNACKS	Dinner
Wednesday				
THURSDAY				
Friday				
Saturday				

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