CALORIE COUNTING

Date:

Breakfast	Calories	Carbs	Fat	Protein	Exercise	
Subtotal						
Lunch	Calories	Carbs	Fat	Protein	Exercise	
6.11.1						
Subtotal						
Dinner	Calories	Carbs	Fat	Protein	Exercise	
Diffiel	Culor les	Cui b3	141	TTOTEIII	Exel Cise	
Subtotal						
Snack	Calories	Carbs	Fat	Protein	Exercise	
Subtotal						
Water	Water Today's Goo			Notes		