

Breakfast- Time: _____

Food:

Liquids:

Sweeteners, Spices/Salts, Condiments:

Morning Snack-Time: _____

Food/Beverages:

Lunch-Time: _____

Food:

Liquids:

Sweeteners, Spices/Salts, Condiments:

Afternoon Snack-Time: _____

Food:

Time: _____

Dinner-Time: _____

Food:

Liquids:

Sweeteners, Spices/Salts, Condiments

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Liquids:

Sweeteners, Spices/Salts, Condiments
