

## **EB Nutrition Weekly Food Log:**

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<b>Date</b>	<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>	<b>Exercise</b>	<b>Vitamins</b>
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							