

<p>BREAKFAST: Meat & Dairy Foods: Vegetables & Fruits: Cereal Foods: Candy & other sweets: Drinks:</p> <p>MID-MORNING SNACK:</p> <p>LUNCH: Meat & Dairy Foods: Vegetables & Fruits: Cereal Foods: Candy & other sweets: Drinks:</p> <p>AFTERNOON SNACK:</p> <p>DINNER: Meat & Dairy Foods: Vegetables & Fruits: Cereal Foods: Drinks:</p> <p>BEDTIME SNACK:</p>	<p>BREAKFAST: Meat & Dairy Foods: Vegetables & Fruits: Cereal foods: Candy & other sweets: Drinks:</p> <p>MID-MORNING SNACK:</p> <p>LUNCH: Meat & Dairy Foods: Vegetables & Fruits: Cereal Foods: Candy & other sweets: Drinks:</p> <p>AFTERNOON SNACK:</p> <p>DINNER: Meat & Dairy Foods: Vegetables & Fruits: Cereal Foods: Drinks:</p> <p>BEDTIME SNACK:</p>
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Diet Diary

DATE _____

Name _____

Blood Type _____

4th Day

BREAKFAST:
Meat & Dairy Foods:
Vegetables & Fruits:
Cereal foods:
Candy & other sweets:
Drinks:

MID-MORNING SNACK:

LUNCH:
Meat & Dairy Foods:
Vegetables & Fruits:
Cereal Foods:
Candy & other sweets:
Drinks:

AFTERNOON SNACK:

DINNER:
Meat & Dairy Foods:
Vegetables & Fruits:
Cereal Foods:
Drinks:

BEDTIME SNACK:

3rd Day

BREAKFAST:
Meat & Dairy Foods:
Vegetables & Fruits:
Cereal foods:
Candy & other sweets:
Drinks:

MID-MORNING SNACK:

LUNCH:
Meat & Dairy Foods:
Vegetables & Fruits:
Cereal Foods:
Candy & other sweets:
Drinks:

AFTERNOON SNACK:

DINNER:
Meat & Dairy Foods:
Vegetables & Fruits:
Cereal Foods:
Drinks:

BEDTIME SNACK:

5th Day

BREAKFAST:
Meat & Dairy Foods:

Vegetables & Fruits:

Cereal foods:

Candy & other sweets:

Drinks:

MID-MORNING SNACK:

LUNCH:
Meat & Dairy Foods:

Vegetables & Fruits:

Cereal Foods:

Candy & other sweets:

Drinks:

AFTERNOON SNACK:

DINNER:
Meat & Dairy Foods:

Vegetables & Fruits:

Cereal Foods:

Drinks:

BEDTIME SNACK:

6th Day

BREAKFAST:
Meat & Dairy Foods:

Vegetables & Fruits:

Cereal foods:

Candy & other sweets:

Drinks:

MID-MORNING SNACK:

LUNCH:
Meat & Dairy Foods:

Vegetables & Fruits:

Cereal Foods:

Candy & other sweets:

Drinks:

AFTERNOON SNACK:

DINNER:
Meat & Dairy Foods:

Vegetables & Fruits:

Cereal Foods:

Drinks:

BEDTIME SNACK:

BREAKFAST:

Meat & Dairy Foods:

Vegetables & Fruits:

Cereal Foods:

Candy & other sweets:

Drinks:

MID-MORNING SNACK:

Meat & Dairy Foods:

Vegetables & Fruits:

Cereal Foods:

Candy & other sweets:

Drinks:

AFTERNOON SNACK:

DINNER:

Meat & Dairy Foods:

Vegetables & Fruits:

Cereal Foods:

Drinks:

BEDTIME SNACK: