Daily Food Intake **Health TLC, 5819 North Lee Highway, Fairfield, VA 24435 540.377.9453 www.healthtlc.com**

Name:			**Start Date:**	**Addn'l Info**
	Breakfast	**Lunch**	**Dinner**	
Date:	Snack:	Snack:	Snack:	
Date:	Snack:	Snack:	Snack:	
Date:	Snack:	Snack:	Snack:	
Date:	Snack:	Snack:	Snack:	
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