

Time 0:00 24:00	Food description <i>Include junk food and drinks (even water and alcohol)</i>	Number of Servings	Serving description		Office use only
			Serving model	Thickness	Weight
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
13.					
14.					
15.					
16.					
17.					
18.					
19.					
20.					

Time 0:00 24:00	Food description <i>Include junk food and drinks (even water and alcohol)</i>	Number of Servings	Serving description		Office use only
			Serving model	Thickness	Weight
21.					
22.					
23.					
24.					
25.					
26.					
27.					
28.					
29.					
30.					
31.					
32.					
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36.					
37.					
38.					
39.					
40.					

Ending Time: /
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Time 0:00 24:00	Food description <i>Include junk food and drinks (even water and alcohol)</i>	Number of Servings	Serving description		Office use only
			Serving model	Thickness	Weight
41.					
42.					
43.					
44.					
45.					
46.					
47.					
48.					
49.					
50.					
51.					
52.					
53.					
54.					
55.					
56.					
57.					
58.					
59.					
60.					

Ending Time: /
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