

NY Specialists In Medical Weight Control

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PRINT NAME

DIET DIARY

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DATE:														
	Food	Pts	Food	Pts	Food	Pts	Food	Pts	Food	Pts	Food	Pts	Food	Pts
B R E A K F A S T														
	After Breakfast Snack													
L U N C H														
	After Lunch Snack													
D I N N E R														
	After Dinner Snack													
TOTAL POINTS														
EXERCISE														

PREFERRED PROTEINS: FISH, CHICKEN, TURKEY, EGG (whites), Lean MEAT, TOFU