**Daily Food Log Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **Meal and Time** | **Food** | **Amount** | **How did you feel?**  **(Your mood, energy, appetite)** |
| **Dinner, 7 pm** | **Leftover spaghetti and tomato sauce**  **Garlic bread**  **Tiramisu** | **1 cup**  **2 slices**  **1 square** | **Frustrated, felt too full after eating** |
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