# **My Food Tracker**

| **Meal** | **Food** | **Amount** | **Food Group** | **Notes** (How did I feel?  What influenced my choice?) |
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| **Breakfast** |  |  |  |  |
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| **Lunch** |  |  |  |  |
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| **Extra**  **Dinner** |  |  |  |  |
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| **Snacks**  (note time of day) |  |  |  |  |
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