Name: **IDEAL WEIGHT FOOD DIARY** Week of:

| Date: | | | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | **Lunch** | **Snack-low cal** | **Dinner** | **Bedtime Snack** | *Water (8 oz)* | | | | | | | | | | |
| | | **Protein Product** | | | *Ideal Salt 1/4 tsp.* | | | *Oil (1 - 2 tsp)* | | | | | | | |
| | | | | | ***Potassium***** | | ***Multi-Vitamin***** | | | | | | | | |
| | | | | | ***Cal-Mag***** | | | | | **Omega 3** | | | | | |
| | | | | | *B-Complex* | | *Vitamin D* | | | | | | | | |

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