Food diary

Date _____ Training or rest day _____ Bodyweight _____ Water _____

Meal	Food	Amount (g)	Calories	Protein (g)	Carbs (g)	Fat (g)	Notes

Write the calories and macros for the amount you ate, not per 100 g: from the per-serving column of the label, a food app or a kitchen scale and your own sums.

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