Date:										Name						
Time	Food	A 1.4 T	NALLE A	0.0	Other	F!1	0	Dead	V-II	Other	A 15	I I a a la a	Wh.	Other	D	NA:II-
Time	Food	AWI	MUFA	O-3	fat	Fruit	Green	Red	Yellow	Otner	Allum	Herbs	Grain	Carb	Pro	Milk
T:	Food	A 1.4-T			Other	- :		ъ	V. II.	0.11			Wh.	Other		
Time	Food	AWI	MUFA	O-3	fat	Fruit	Green	Red	Yellow	Otner	Allum	Herbs	Grain	Carb	Pro	Milk
	Goals			2 wk				1	1	1	Daily	Daily	3+			