Daily Food Log			Health Benefits Plan Trust www.yelelborg		
Date:	Su M	T W Th	F Sa		
Time Quantity Food	Ca	alories	Fat		
			_		
Beverages					
	Totals:				

Water

 $\bigcirc$  = 1 c. of water

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1 c. of water = 8 fluid oz. = 0.24 liters. Daily minimum should be 8 cups

Time	Quantity	Food	Cald	ories
Bevera	aes			
	J			
			Total	
			Totals:	
Water	<b>○</b> =1 c. c	of water		

**Daily Food Log** 

Health Benefits Plan
Trust

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