# Diet Log

## Day 1

### Indicate if this day is € Shift Day € Off Day

| *Time* | *Food/Beverage Item* | *Portion Size* |
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## Day 2

### Indicate if this day is € Shift Day € Off Day

| *Time* | *Food/Beverage Item* | *Portion Size* |
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## Day 3

### Indicate if this day is € Shift Day € Off Day

| *Time* | *Food/Beverage Item* | *Portion Size* |
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## Day 4

### Indicate if this day is € Shift Day € Off Day

| *Time* | *Food/Beverage Item* | *Portion Size* |
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