### Sample Food Diary

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| **Time** | **Food and/or Drink** | **Calorie Input** |
| What kind | How Much  | Per Item | Total |
| 3:25 p.m. | chocolate chip cookies | 3 | 60 | 180 |
| 6:15 p.m. | cheeseburger | 1 | 300 | 300 |
|   | regular french fries | 1 | 360 | 360 |
|   | vanilla shake | 1 | 540 | 540 |
| 10:00 p.m. | Haagen Dazs ice cream | 1 cup | 270 per ½ cup | 540 |
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