## **Nutrition diary**

Name and surname:	Country:	
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Meal	Day 1:	Day 2:	Day 3:
Breakfast			
Time:			
Marring anada			
Morning snack Time:			
Tillie.			
Lunch			
Time:			
A 64			
Afternoon snack Time:			
Tillie.			
Dinner			
Time:			
Consider			
Snacks			
Beverages			

## Explain what affected in your consumption of food

Day 1:	Day 2:	Day 3: