BATON ROUGE WEIGHT CONTROL CLINIC, INC.
141 OCEAN DRIVE
BATON ROUGE, LA 70806

Food diary

			Calorie	Protein	Fat	Carb	Fiber	Salt	fl. oz.
Mon	Breakfast								
	Lunch								
	Supper								
Tues	Breakfast								
	Lunch								
	Supper								
Wed	Breakfast								
	Lunch								
	Supper								
Thurs	Breakfast								
	Lunch								
	Supper								
Fri	Breakfast								
	Lunch								
	Supper								
Sat	Breakfast								
	Lunch								
	Supper								
Sun	Breakfast								
	Lunch								
	Supper								

Personalized Suggestion

Calorie	Protein	Fat	Carb	Fiber	Salt	fl. oz.	Exercise