## **QUICK WEIGHT** LOSS CENTERS

## DAILY FOOD DIARY

Please Bring Diary Every Visit

REMEMBER - THIS PROGRAM IS BASED ON WHAT YOU EAT NOT ON WHAT YOU DO NOT EAT

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## MONDAY

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TUESDAY

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**Nutrient Supplements** 

**Nutrient Supplements** 

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**Nutrient Supplements** 

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**Nutrient Supplements**