

My Protein Goal: _____ grams daily

Date: _____

Email food logs to: CWMP@queens.org

| Time | Portion | Food/Fluid | Protein (g) | Fluid (oz) |
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| TOTAL: | | | | |

How am I feeling? _____

Date: _____

| Time | Portion | Food/Fluid | Protein (g) | Fluid (oz) |
|---------------|---------|------------|-------------|------------|
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| TOTAL: | | | | |

How am I feeling? _____