Cooking-Meal Chart

Make a chart for one week of the foods you eat to see if you are following the food pyramid guidelines

	MORNING	AFTERNOON	EVENING
Day 1			обить потоброння бы в потовый в были учитильной обидент в подолжения в под в п
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Day 2			
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Day 4			
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Day 6	,	*	1
day of the week		,	**************************************
Day 7			
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	19		
day of the week			