

ZG KEY Food Journal

| Food | Meal | Portion | Calories | Carbs | EZ Value |
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| | 1 | | | | |
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| Totals Meal 1 | | | | | |
| | 2 | | | | |
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| Totals Meal 2 | | | | | |
| | 3 | | | | |
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| Totals Meal 3 | | | | | |
| | 4 | | | | |
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| Totals Meal 4 | | | | | |
| | 5 | | | | |
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| Totals Meal 5 | | | | | |
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| DAY TOTALS | | | | | |