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# **cize**<sup>TM</sup>

**THE END OF EXERCIZE**<sup>TM</sup>

## FOOD TRACKERS

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We created this super-simple, printable food tracker to help you keep track of your CIZE<sup>TM</sup> portions.

You can print out copies and write in your entries by hand.

### sample day

DAY: 1	 VEGGIES	 FRUIT	 PROTEIN	 CARB	 FAT	 S&D	 OIL
Meal 1		1	1				
Meal 2	2		1				1
Meal 3				1	1		
Meal 4		1					
Meal 5	1		2	1		1	1
<b>Total</b>	<b>3</b>	<b>2</b>	<b>4</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>2</b>
Water	1	1	1	1	1	1	1

DAY:	 VEGGIES	 FRUIT	 PROTEIN	 CARB	 FAT	 S&D	 OIL
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Total							
Water							

DAY:	 VEGGIES	 FRUIT	 PROTEIN	 CARB	 FAT	 S&D	 OIL
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Total							
Water							

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Meal 5							
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Total							
Water							