

Adadwa

1st week

Monday

Breakfast

Food Name	No. of units	Calories	Fat	Carbohydrates	Protein
No record found.					

Snack

Food Name	No. of units	Calories	Fat	Carbohydrates	Protein
No record found.					

Lunch

Food Name	No. of units	Calories	Fat	Carbohydrates	Protein
No record found.					

Dinner

Food Name	No. of units	Calories	Fat	Carbohydrates	Protein
No record found.					

Tuesday

Breakfast

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Snack

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Lunch

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Dinner

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No record found.

Wednesday

Breakfast

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Lunch

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Dinner

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Thursday

Breakfast

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Friday

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Sunday

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2nd week

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