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| --- | --- | --- | --- | --- |
| Meal | Food Item | Food Group | Serving Size | Reason for Selection |
| Breakfast |  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| Lunch |  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| Dinner |  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| Snack 1 |  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| Snack 2 |  |  |  |  |
|  |  |  |  |
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| --- | --- | --- |
| Food Group | Total Number of Servings In Menu | Total Number of Daily Servings Needed For Your Age and Gender |
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