

DAILY FOOD CHECKLIST

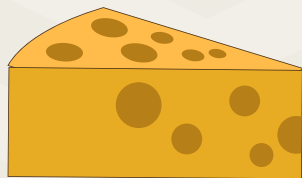
FRUITS

☐☐

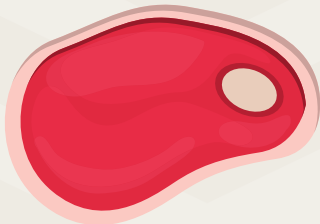
VEGETABLES

☐☐☐

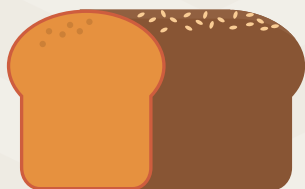
DAIRY

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PROTEIN

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GRAINS

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