SPREADSHEET DADDY	Calorie Coun Designed by Spr	ter Template							
Start Date: Weight Goal (Ibs/kg): Target Calorie Intake per Day (Kc: Average Calorie Intake per Day (K Average Net Calorie Difference pe	al): cal): er Day (Kcal)	End Date: Current Weight (lbs/kg): 2,000 0 -2,000		Target Weekly Calorie Actual Weekly Calorie Weekly Net Calorie Dif	Intake (Kcal):	14,000 0 -14,000			
MEAL TYPE	FOOD ITEM	SERVING SIZE	CALORIES	PROTEIN	CARBS	FAT	TOTAL CALORIES	REMAINING CALORIES	NOTES
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MEAL TYPE	FOOD ITEM	SERVING SIZE	CALORIES	PROTEIN	CARBS	FAT	TOTAL CALORIES	REMAINING CALORIES	NOTES
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MEAL TYPE	FOOD ITEM	SERVING SIZE	CALORIES	PROTEIN	CARBS	FAT	TOTAL CALORIES	REMAINING CALORIES	NOTES
MEAL TYPE	FOOD ITEM	SERVING SIZE	CALORIES	PROTEIN	CARBS	FAT			NOTES
MEAL TYPE	FOOD ITEM	SERVING SIZE	CALORIES	PROTEIN	CARBS	FAT	TOTAL CALORIES	REMAINING CALORIES	NOTES
MEAL TYPE	FOOD ITEM	SERVING SIZE	CALORIES	PROTEIN	CARBS	FAY			NOTES
MEAL TYPE	FOOD ITEM	SERVING SIZE	CALORIES	PROTEIN	CARBS	FAT			NOTES
MEAL TYPE	FOOD ITEM	SERVING SIZE	CALORIES	PROTEIN	CARBS	FAT			HOTES
MEAL TYPE MEAL TYPE	FOOD ITEM	SERVING SIZE SERVING SIZE SERVING SIZE	CALORIES	PROTEIN	CARBS	FAT	0		NOTES
ACCEPTANT OF THE PROPERTY OF T	FOOD ITEM	SERVING SIZE SERVING SIZE	West Miles	PROTEIN	CARBS	FAT	0	2,000	NOTES
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