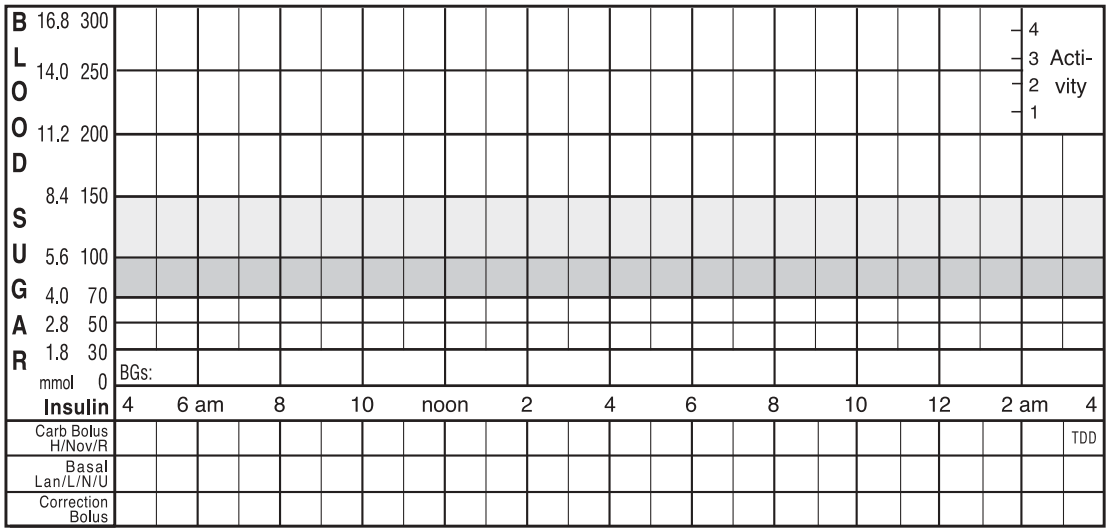
A sample Smart Chart



Breakfast			Lunch			Dinner		
Time	Food	Carb Grams	Time	Food	Carb Grams	Time	Food	Carb Grams
Morning Snacks			Afternoon Snacks			Evening Snacks		

Day: Wt: Comments:

Date: / /

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