North Vista HOSPITAL

CENTER FOR WEIGHT LOSS SURGERY @ North Vista Hospital

1-866-896-THIN (8446) | northvistahospital.com

Food Intake Journal

Time and Day	Serving Size	Foods and Beverages	Calories	Carbohydrates	Fat	Protein
			Calories	Carbohydrates	Fat	Protein
		TOTALS				

It's your *day.*