

**Advanced Mediterranean Diet
1100 cal DAILY LOG**

Day # _____
Weight _____

- Grains (100 cal)
- Veggies (60 cal)
- Fruits (80 cal)
- Fats (110 cal)
- Milks (110 cal)
- Proteins (200 cal)

Exercise: _____

Transgressions: _____

Comments: _____

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