**The Miracle Carb Diet – Food Journal**

**DATE:**

**CHO (A) FIBER (B)**

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| --- | --- | --- |
| **BREAKFAST** |  |  |
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|  |  |  |
| **LUNCH** |  |  |
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|  |  |  |
| **SNACK** |  |  |
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|  |  |  |
| **DINNER** |  |  |
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|  |  |  |
| **DESSERT** |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  **TOTAL**  **TOTAL** |  |  |

**A – B = C**

***Total Carb -Fiber = Net Carb***  **A B >30**

For more information go to [www.ffactor,com](http://www.ffactor,com)

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 **< 35 g NEW CARB**