Webelos Cast Iron Chef Nutritional Goals & Food Journal

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							

My Personal Nutritional Goals:

1. _____

2. _____

3. _____

Name: _____

Goal 1 Met: Yes No

Goal 2 Met: Yes No

Goal 3 Met: Yes No

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