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| **Fecha** | **Resultados** | **Desayuno** | **Media Mañana** | **Lonche** | **Tarde** | **Cena** | **Antes de acostar** | **Durante la noche** | **Comentarios**  (Ejercicios, enfermedades, cetonas, bocadillos, otra) |
|  | **Hora**  **AS** |  |  |  |  |  |  |  |  |
| **Carbs**  **Insulina** |  |  |  |  |  |  |  |
|  | **Hora**  **AS** |  |  |  |  |  |  |  |  |
| **Carbs**  **Insulina** |  |  |  |  |  |  |  |
|  | **Hora**  **AS** |  |  |  |  |  |  |  |  |
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| **Fecha** | **Resultados** | **Desayuno** | **Media Mañana** | **Lonche** | **Tarde** | **Cena** | **Antes de acostar** | **Durante la noche** | **Comentarios**  (Ejercicios, enfermedades, cetonas, bocadillos, otra) |
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