

# EAT ANYTHING



|    | Favourite High-Calorie Foods | Calories Per Serving | Alternative Lower Calorie Foods | Calories Per Serving |
|----|------------------------------|----------------------|---------------------------------|----------------------|
| 1  |                              |                      |                                 |                      |
| 2  |                              |                      |                                 |                      |
| 3  |                              |                      |                                 |                      |
| 4  |                              |                      |                                 |                      |
| 5  |                              |                      |                                 |                      |
| 6  |                              |                      |                                 |                      |
| 7  |                              |                      |                                 |                      |
| 8  |                              |                      |                                 |                      |
| 9  |                              |                      |                                 |                      |
| 10 |                              |                      |                                 |                      |