

Date: \_\_\_\_\_

# Food Diary

| Time / Meal     | Food / Beverage (type and amount) | Calories | Notes |
|-----------------|-----------------------------------|----------|-------|
| Breakfast       |                                   |          |       |
|                 |                                   |          |       |
|                 |                                   |          |       |
| Snack           |                                   |          |       |
|                 |                                   |          |       |
| Lunch           |                                   |          |       |
|                 |                                   |          |       |
|                 |                                   |          |       |
| Snack           |                                   |          |       |
|                 |                                   |          |       |
| Dinner          |                                   |          |       |
|                 |                                   |          |       |
|                 |                                   |          |       |
|                 |                                   |          |       |
| Snack           |                                   |          |       |
|                 |                                   |          |       |
| TOTAL CALORIES: |                                   | _____    |       |

Date: \_\_\_\_\_

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|-----------------|-----------------------------------|----------|-------|
| Breakfast       |                                   |          |       |
|                 |                                   |          |       |
|                 |                                   |          |       |
| Snack           |                                   |          |       |
|                 |                                   |          |       |
| Lunch           |                                   |          |       |
|                 |                                   |          |       |
|                 |                                   |          |       |
| Snack           |                                   |          |       |
|                 |                                   |          |       |
| Dinner          |                                   |          |       |
|                 |                                   |          |       |
|                 |                                   |          |       |
|                 |                                   |          |       |
| Snack           |                                   |          |       |
|                 |                                   |          |       |
| TOTAL CALORIES: |                                   | _____    |       |