

FOOD DIARY

DAY	BREAKFAST	LUNCH	SNACKS	DINNER
SAMPLE	8 ounces orange juice 1 small bagel	8 ounces milk 2 pieces wheat bread 1 slice American Cheese 1 tablespoon light mayonaise	14 ounce chocolate bar 3 cups salted popcorn	1 cup green berans 3 ounces roast beef broiled 1 small baked potato 8 ounces water 1 cup ice cream
SUNDAY				
MONDAY				
TUESDAY				

FOOD DIARY



DAY	BREAKFAST	LUNCH	SNACKS	DINNER
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				