

Weekly Food Diary

Instructions: Keep track of what you eat each day. Either print out the sheet and fill out, or fill it out in Excel. Point your mouse at any red triangle to see a cell comment. Click "Sample Food Diary" tab to see a complete list of the templates that are included with this product.

Food Group	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		TOTAL 5-DAY SERVINGS
	Food	Serving	Food	Serving	Food	Serving	Food	Serving	Food	Serving	
BREAKFAST											BREAKFAST
Grains											0
Vegetables											0
Fruit											0
Dairy											0
Meats/Beans											0
Fats/Sweets											0
LUNCH	Food	Serving	Food	Serving	Food	Serving	Food	Serving	Food	Serving	LUNCH
Grains											0
Vegetables											0
Fruit											0
Dairy											0
Meats/Beans											0
Fats/Sweets											0
DINNER	Food	Serving	Food	Serving	Food	Serving	Food	Serving	Food	Serving	DINNER
Grains											0
Vegetables											0
Fruit											0
Dairy											0
Meats/Beans											0
Fats/Sweets											0

SUMMARY FOR 5-DAY PERIOD					
	Day 1	Day 2	Day 3	Day 4	Day 5
Grains	0	0	0	0	0
Vegetables	0	0	0	0	0
Fruit	0	0	0	0	0
Dairy	0	0	0	0	0
Meats/Beans	0	0	0	0	0
Fats/Sweets	0	0	0	0	0