

# Food Diary

## Monday

| Meal        | Items eaten | Calorie |
|-------------|-------------|---------|
| Breakfast   |             |         |
|             |             |         |
|             |             |         |
|             |             |         |
| Snack       |             |         |
|             |             |         |
|             |             |         |
|             |             |         |
| Lunch       |             |         |
|             |             |         |
|             |             |         |
|             |             |         |
| Snack       |             |         |
|             |             |         |
|             |             |         |
|             |             |         |
| Dinner      |             |         |
|             |             |         |
|             |             |         |
|             |             |         |
| Daily Total |             |         |

## Tuesday






| Meal        | Items eaten | Calorie |
|-------------|-------------|---------|
| Breakfast   |             |         |
|             |             |         |
|             |             |         |
|             |             |         |
| Snack       |             |         |
|             |             |         |
|             |             |         |
|             |             |         |
| Lunch       |             |         |
|             |             |         |
|             |             |         |
|             |             |         |
| Snack       |             |         |
|             |             |         |
|             |             |         |
|             |             |         |
| Dinner      |             |         |
|             |             |         |
|             |             |         |
|             |             |         |
| Daily Total |             |         |






## Wednesday

| Meal        | Items eaten | Calorie |
|-------------|-------------|---------|
| Breakfast   |             |         |
|             |             |         |
|             |             |         |
|             |             |         |
| Snack       |             |         |
|             |             |         |
|             |             |         |
|             |             |         |
| Lunch       |             |         |
|             |             |         |
|             |             |         |
|             |             |         |
| Snack       |             |         |
|             |             |         |
|             |             |         |
|             |             |         |
| Dinner      |             |         |
|             |             |         |
|             |             |         |
|             |             |         |
| Daily Total |             |         |

## Thursday

| Meal        | Items eaten | Calorie |
|-------------|-------------|---------|
| Breakfast   |             |         |
|             |             |         |
|             |             |         |
|             |             |         |
| Snack       |             |         |
|             |             |         |
|             |             |         |
|             |             |         |
| Lunch       |             |         |
|             |             |         |
|             |             |         |
|             |             |         |
| Snack       |             |         |
|             |             |         |
|             |             |         |
|             |             |         |
| Dinner      |             |         |
|             |             |         |
|             |             |         |
|             |             |         |
| Daily Total |             |         |

| Today's Healthy Choices   |  |
|---|--|
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| Today's Healthy Choices   |  |
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| Today's Healthy Choices   |  |
|---|--|
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