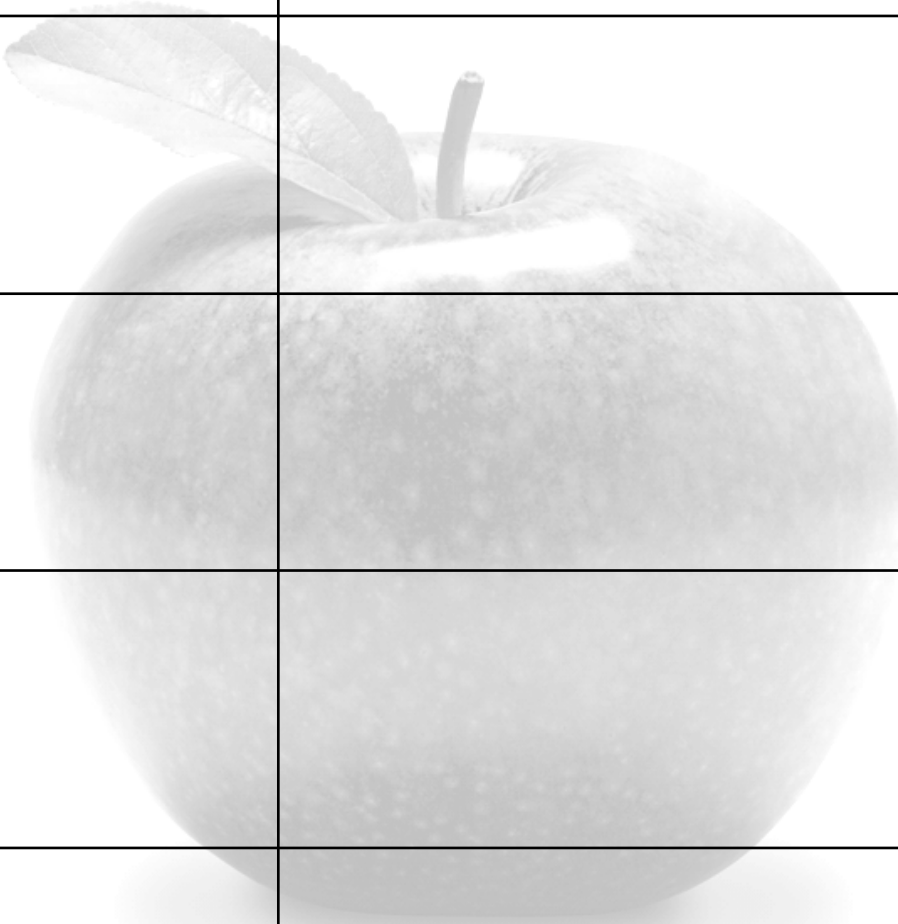


Daily Food Diary

Day 1

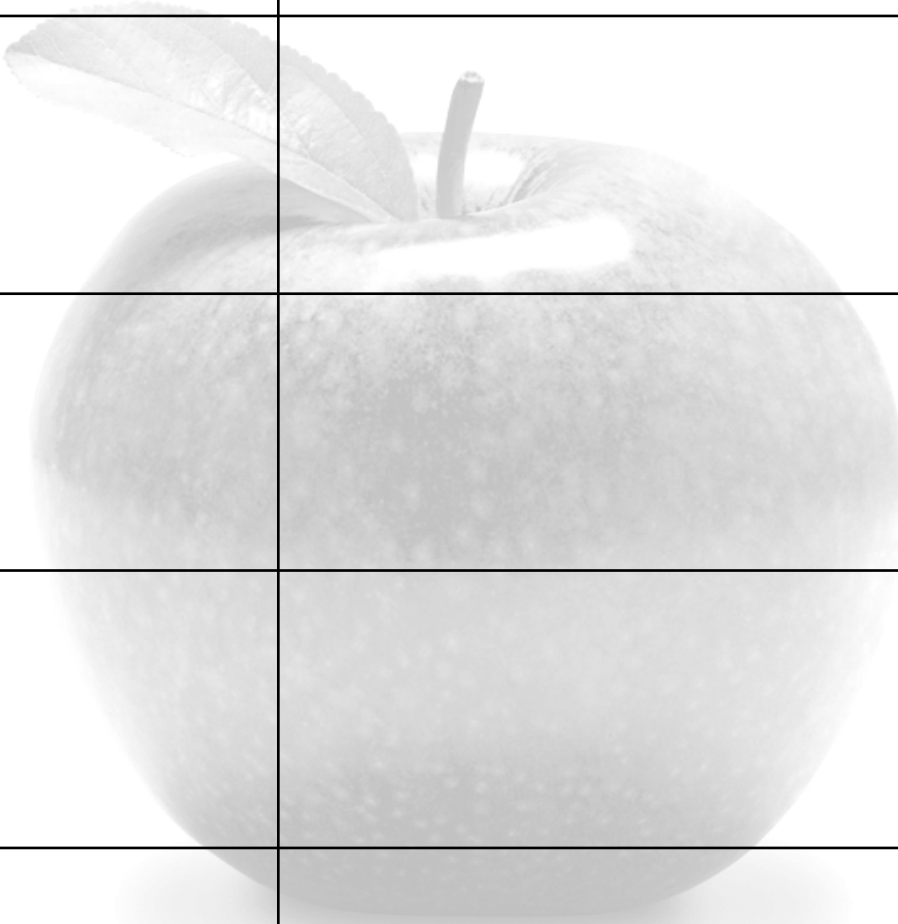
Time/Meal List the time and what meal this is	Portion How much of each food/drinks did you have?	Food/Drink Please include details such as brand name, how it was cooked & restaurant name etc. Also, don't forget to list	Feelings Feeling good? Tired? Stressed? Sick? Let me



Daily Food Diary

Day 2

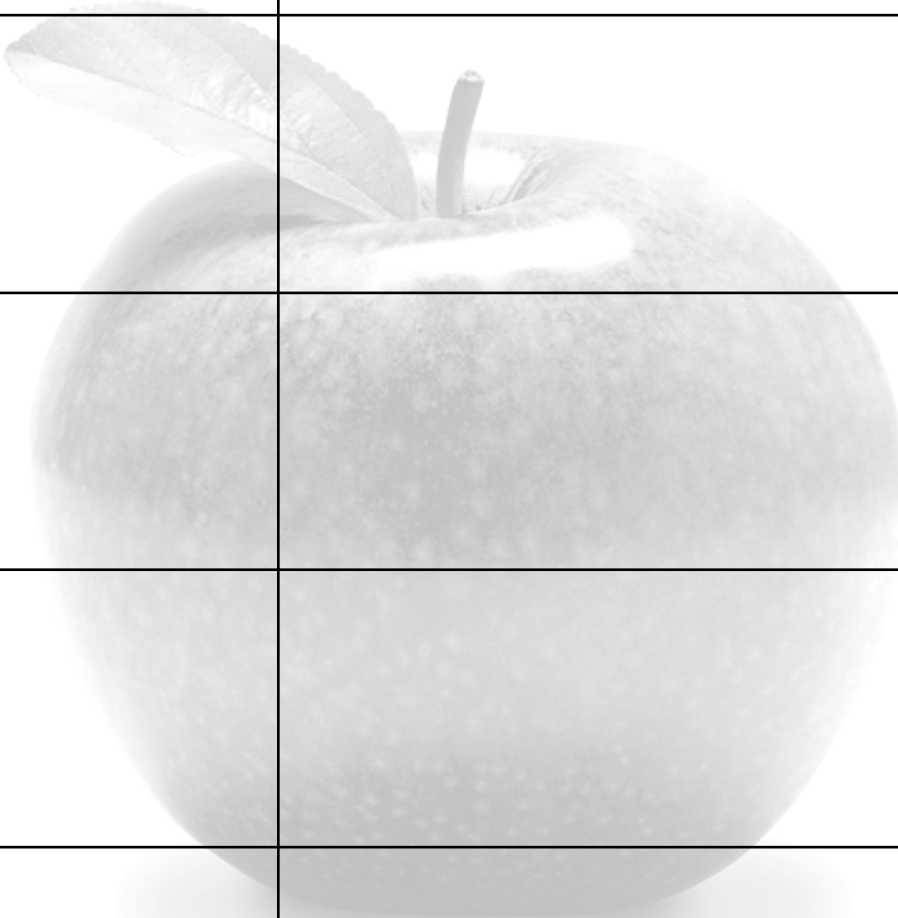
Time/Meal List the time and what meal this is	Portion How much of each food/drinks did you have?	Food/Drink Please include details such as brand name, how it was cooked & restaurant name etc. Also, don't forget to list	Feelings Feeling good? Tired? Stressed? Sick? Let me



Daily Food Diary

Day 3

Time/Meal List the time and what meal this is	Portion How much of each food/drinks did you have?	Food/Drink Please include details such as brand name, how it was cooked & restaurant name etc. Also, don't forget to list	Feelings Feeling good? Tired? Stressed? Sick? Let me



Sample

Daily Food Diary

Time/Meal List the time and what meal this is	Portion How much of each food/drinks did you have?	Food/Drink/Supplements Please include details such as brand name, how it was cooked & restaurant name etc. Also, don't forget to list	Feelings Feeling good? Tired? Stressed? Sick? Let me
9 am Breakfast	8 oz. 1 bar 1 cup, 2 Tbsp	Tropicana Orange Juice Special K Granola Bar (Strawberry) Coffee with french vanilla creamer	Tired and not very hungry
11 am Snack	1 can 1 handful 1	Diet Coke Unsalted Almonds Megafood Women's One Daily Multi	Feeling good, got some energy back
3 :30pm Lunch	1 sandwich Large 2 packets 16 oz	Wendy's Crispy Chicken Sandwich (minus the mayo) Wendy's french fries Ketchup Water	Starving!!!
5:45 pm	1 cup (cooked) $\frac{1}{2}$ c 12 oz	Barilla Plus Spaghetti Homemade Sauce (canned tomatoes, olive oil, onions, garlic, oregano) Water	Stomach ache
Snack	About 10	Red seedless grapes	Upset at myself for having fast food for lunch but hoping to do better tomorrow
	3	New Chapter Bone Strength (calcium)	