

**Food Diary**

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



Did you drink 8 glasses of water?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Time** | **Meal** | **Food / beverage** | **Amount** | **Calories** | **Notes** |
| 00 - 00 | **Breakfast** | Write here | 00 | 100 | Write here |
| 00 - 00 | Write here | 00 | 5 | Write here |
| 00 - 00 | Write here | 00 | 180 | Write here |
| 00 - 00 | Write here | 00 |  | Write here |
|  | | | | | |
| 00 - 00 | **Snack** | Write here | 00 | 440 | Write here |
| 00 - 00 | Write here | 00 |  | Write here |
|  | | | | | |
| 00 - 00 | **Lunch** | Write here | 00 | 300 | Write here |
| 00 - 00 | Write here | 00 | 30 | Write here |
| 00 - 00 | Write here | 00 |  | Write here |
| 00 - 00 | Write here | 00 | 155 | Write here |
|  | | | | | |
| 00 - 00 | **Snack** | Write here | 00 | 320 | Write here |
| 00 - 00 | Write here | 00 |  | Write here |
|  | | | | | |
| 00 - 00 | **Dinner** | Write here | 00 | 280 | Write here |
| 00 - 00 | Write here | 00 | 55 | Write here |
| 00 - 00 | Write here | 00 | 150 | Write here |
| 00 - 00 | Write here | 00 | 250 | Write here |
|  | | | | | |
| 00 - 00 | **Snack** | Write here | 00 |  | Write here |
| 00 - 00 | Write here | 00 |  | Write here |