



# Food diary template

Week of \_\_\_\_\_ (date)

	Breakfast	Lunch	Snacks	Supper	Water	Alcohol	Exercise	Supplements
Mo								
Tue								
Wed								
Thur								
Fri								
Sat								
Sun								

*\*Use a kitchen scale or measuring cups to measure accurately.*

*\*Provide as much details as possible (example: ½ cup Cooked brown rice).*

## Notes

---

---

---

---