

FOOD DIARY SAMPLE

This should be a true reflection of what you usually eat, not what you think you should be eating. Write down everything that you consume for five days including snacks, drinks and treats!

Breakfast: _____ time: _____

Snacks: _____ time: _____

Lunch: _____ time: _____

Snacks: _____ time: _____

Dinner: _____ time: _____

Snacks: _____ time: _____

Breakfast: _____ time: _____

Snacks: _____ time: _____

Lunch: _____ time: _____

Snacks: _____ time: _____

Dinner: _____ time: _____

Snacks: _____ time: _____

Breakfast: _____ time: _____

Snacks: _____ time: _____

Lunch: _____ time: _____

Snacks: _____ time: _____

Dinner: _____ time: _____

Snacks: _____ time: _____

Breakfast: _____ time: _____

Snacks: _____ time: _____

Lunch: _____ time: _____

Snacks: _____ time: _____

Dinner: _____ time: _____

Snacks: _____ time: _____

Breakfast: _____ time: _____

Snacks: _____ time: _____

Lunch: _____ time: _____

Snacks: _____ time: _____

Dinner: _____ time: _____

Snacks: _____ time: _____