

# Food Diary

Are you currently having as many grams as you think?

**RECORD A SELECTION OF TYPICAL DAYS – TRY AND INCLUDE SOME MIDWEEK AND WEEKEND DAYS**

	BREAKFAST	LUNCH	DINNER
DAY 1			
SNACKS/DRINKS			
DAY 2			
SNACKS/DRINKS			
DAY 3			
SNACKS/DRINKS			
DAY 4			
SNACKS/DRINKS			