



7227 N 16th St., Suite 262
Phoenix, AZ, 85020

3 Day Dietary Log

Page 1 of 4

Name

Date

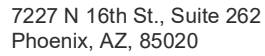
This dietary record must be as accurate as possible. Please do not alter your eating habits or change your meals to change what is logged and please be honest. This log will aid your nutrition coach in creating the best plan of action for your current behaviors and lifestyle.

Instructions

1. Please keep this log with you at all times and log meals, snacks, anything you eat as accurately as possible.
2. If possible, please use a food scale or measuring spoons or cups. If you do not finish an entire serving that was logged, please adjust the log accordingly. Do not guess and avoid estimating when possible.
3. Please list each ingredient in a meal separately.
4. For packaged items, use labels to determine quantities.
5. Please log for three consecutive days. If there are special events or circumstances that affect your nutrition on a certain day, please note this in the margin of the log. This will provide your nutrition coach with insight. If you wish to log for more than 3 days, please do.
6. Have this log completed and ready for your next session.

Example Log

Food Item (include brand name)	Quantity (g, ml, tablespoons [Tbs], teaspoons [tsp], cups [c], etc)	Notes (include ingredients and amounts of homemade items)
<u>Breakfast</u>		
2 pieces toast	2 pcs	Orowheat
Margarine	1 tsp	Country Crock
Orange Juice	8 oz	Tropicana
<u>Lunch</u>		
Small pizza	12-inch diameter	pepperoni, mushroom, cheese
<u>Dinner</u>		
Chicken	4 oz	Tyson
Baked Potato	8 oz	
Mixed Vegetables	2 c	peas, carrots, corn- frozen



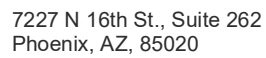
Page 2 of 4

Date

Food Item (include brand name)	Amount	Calories	Protein	Carbohydrate	Fat	Fiber	Sodium	Sugar
1/2 cup of cooked rice	110	205	4.3	45	0.5	0.5	1	0
1/2 cup of cooked quinoa	110	222	8.1	37	3.6	2.2	1	0
1/2 cup of cooked lentils	110	230	16.3	40	0.8	7.9	1	0
1/2 cup of cooked chickpeas	110	269	15.1	42	1.6	7.6	1	0
1/2 cup of cooked black beans	110	226	15.1	40	0.9	7.5	1	0
1/2 cup of cooked kidney beans	110	226	15.1	40	0.9	7.5	1	0
1/2 cup of cooked pinto beans	110	226	15.1	40	0.9	7.5	1	0
1/2 cup of cooked navy beans	110	226	15.1	40	0.9	7.5	1	0
1/2 cup of cooked cannellini beans	110	226	15.1	40	0.9	7.5	1	0
1/2 cup of cooked garbanzo beans	110	226	15.1	40	0.9	7.5	1	0
1/2 cup of cooked adzuki beans	110	226	15.1	40	0.9	7.5	1	0
1/2 cup of cooked mung beans	110	226	15.1	40	0.9	7.5	1	0
1/2 cup of cooked split peas	110	226	15.1	40	0.9	7.5	1	0
1/2 cup of cooked lentil soup	110	226	15.1	40	0.9	7.5	1	0
1/2 cup of cooked chickpea soup	110	226	15.1	40	0.9	7.5	1	0
1/2 cup of cooked black bean soup	110	226	15.1	40	0.9	7.5	1	0
1/2 cup of cooked kidney bean soup	110	226	15.1	40	0.9	7.5	1	0
1/2 cup of cooked pinto bean soup	110	226	15.1	40	0.9	7.5	1	0
1/2 cup of cooked navy bean soup	110	226	15.1	40	0.9	7.5	1	0
1/2 cup of cooked cannellini bean soup	110	226	15.1	40	0.9	7.5	1	0
1/2 cup of cooked garbanzo bean soup	110	226	15.1	40	0.9	7.5	1	0
1/2 cup of cooked adzuki bean soup	110	226	15.1	40	0.9	7.5	1	0
1/2 cup of cooked mung bean soup	110	226	15.1	40	0.9	7.5	1	0
1/2 cup of cooked split pea soup	110	226	15.1	40	0.9	7.5	1	0
1/2 cup of cooked lentil soup	110	226	15.1	40	0.9	7.5	1	0
1/2 cup of cooked chickpea soup	110	226	15.1	40	0.9	7.5	1	0
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1/2 cup of cooked adzuki bean soup	110	226	15.1	40	0.9	7.5	1	0
1/2 cup of cooked mung bean soup	110							

Notes
(include ingredients and amounts
of homemade items)

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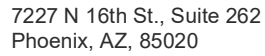
Page 3 of 4

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[illegible]

Notes
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of homemade items)

[illegible]



Page 4 of 4

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Food Item
(include brand name)

Notes
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[illegible]