

The Real Food Life

Nutrition Consulting with Christine Donovan, CNC

3-Day Meal Tracking Sheet

Name:

Dates:

Tip: Try to write meals down as soon as possible after eating for the most accurate reflection.

Day 1

Breakfast

Time:

What I ate/drank:

How I felt after (energy, hunger, mood, digestion):

Day 1, Continued on the next page...

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3-Day Meal Tracking Sheet, Day 1

Snack

Time:

What I ate/drank:

How I felt after:

Lunch

Time:

What I ate/drank:

How I felt after:

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3-Day Meal Tracking Sheet, Day 1

Snack

Time:

What I ate/drank:

How I felt after:

Dinner

Time:

What I ate/drank:

How I felt after:

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3-Day Meal Tracking Sheet, Day 1

Snack

Time:

What I ate/drank:

How I felt after:

Water Intake:

Notes / Cravings / Stress / Sleep:

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3-Day Meal Tracking Sheet

Day 2

Breakfast

Time:

What I ate/drank:

How I felt after (energy, hunger, mood, digestion):

Snack

Time:

What I ate/drank:

How I felt after:

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3-Day Meal Tracking Sheet, Day 2

Lunch

Time:

What I ate/drank:

How I felt after:

Snack

Time:

What I ate/drank:

How I felt after:

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3-Day Meal Tracking Sheet, Day 2

Dinner

Time:

What I ate/drank:

How I felt after:

Snack

Time:

What I ate/drank:

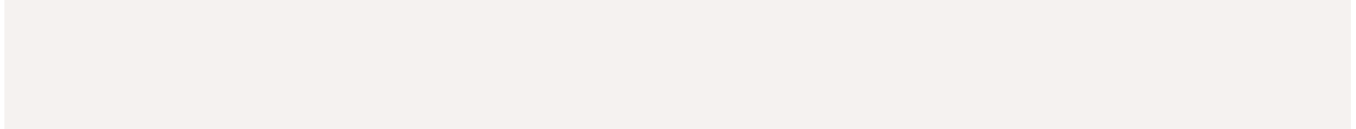
How I felt after:

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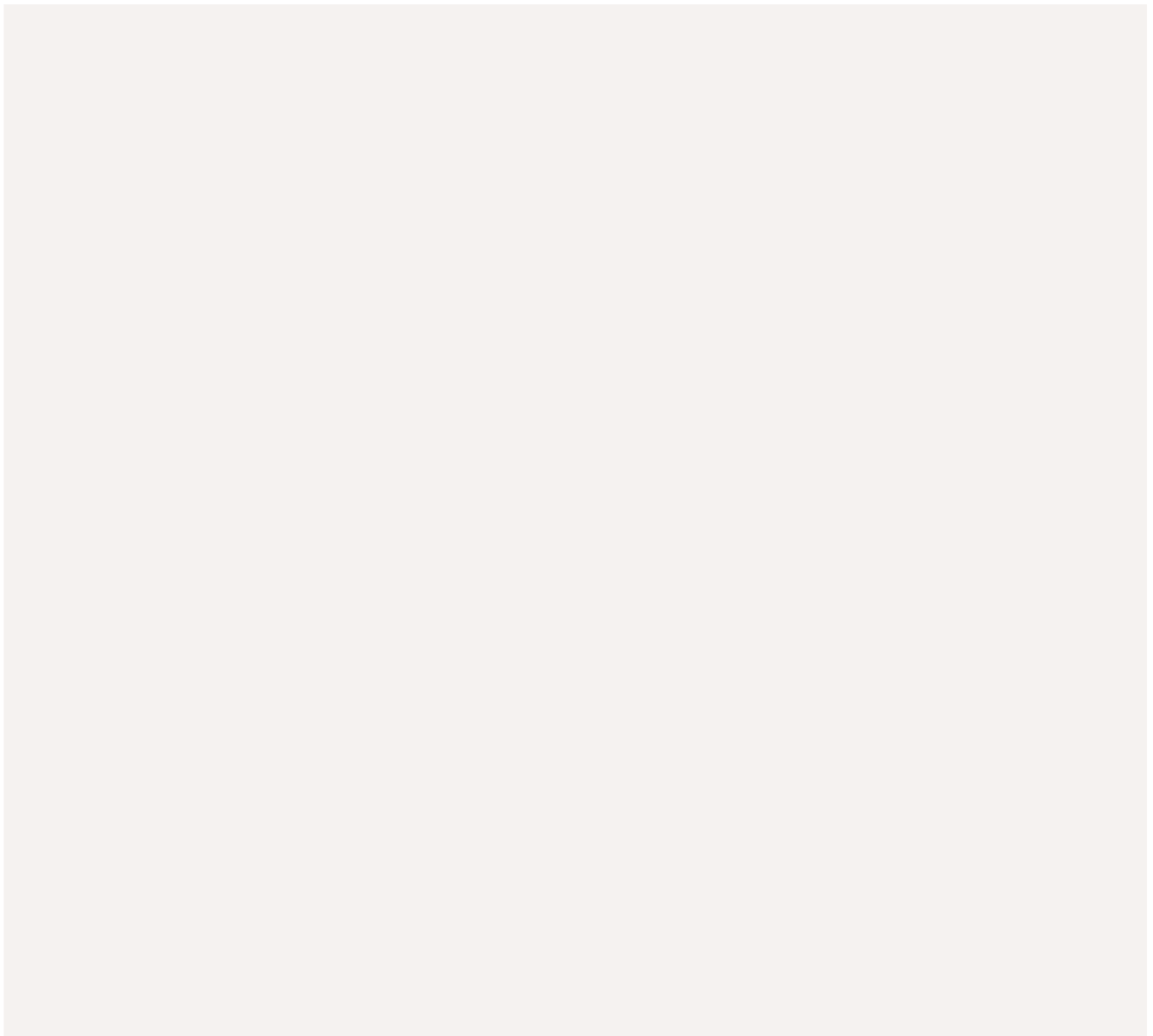
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3-Day Meal Tracking Sheet, Day 2

Water Intake:



Notes / Cravings / Stress / Sleep:



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3-Day Meal Tracking Sheet

Day 3

Breakfast

Time:

What I ate/drank:

How I felt after (energy, hunger, mood, digestion):

Snack

Time:

What I ate/drank:

How I felt after:

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3-Day Meal Tracking Sheet, Day 3

Lunch

Time:

What I ate/drank:

How I felt after:

Snack

Time:

What I ate/drank:

How I felt after:

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3-Day Meal Tracking Sheet, Day 3

Dinner

Time:

What I ate/drank:

How I felt after:

Snack

Time:

What I ate/drank:

How I felt after:

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3-Day Meal Tracking Sheet, Day 3

Water Intake:

Notes / Cravings / Stress / Sleep: