

MY FOOD DIARY

DATE \_\_\_\_\_

**BREAKFAST MEAL**

TIME	FOOD DESCRIPTION	PORTION SIZE	CALORIES

**AM SNACK MEAL**

TIME	FOOD DESCRIPTION	PORTION SIZE	CALORIES

**LUNCH MEAL**

TIME	FOOD DESCRIPTION	PORTION SIZE	CALORIES

**PM SNACK MEAL**

TIME	FOOD DESCRIPTION	PORTION SIZE	CALORIES

**DINNER MEAL**

TIME	FOOD DESCRIPTION	PORTION SIZE	CALORIES

**EVE SNACK MEAL**

TIME	FOOD DESCRIPTION	PORTION SIZE	CALORIES