

# Food Diary

DAY 1: \_\_\_\_/\_\_\_\_/\_\_\_\_

	TIME	FOOD DETAIL	PROTEIN (g)	FAT (g)	FAT:PROTEIN RATIO
<b>BREAKFAST</b>					
MORNING TEA/SNACK					
<b>LUNCH</b>					
AFTERNOON TEA/SNACK					
<b>DINNER</b>					
SUPPER/SNACK					
<b>TOTAL</b>					

DAY 2: \_\_\_\_/\_\_\_\_/\_\_\_\_

	TIME	FOOD DETAIL	PROTEIN (g)	FAT (g)	FAT:PROTEIN RATIO
<b>BREAKFAST</b>					
MORNING TEA/SNACK					
<b>LUNCH</b>					
AFTERNOON TEA/SNACK					
<b>DINNER</b>					
SUPPER/SNACK					
<b>TOTAL</b>					



DAY 3: \_\_\_\_/\_\_\_\_/\_\_\_\_

	TIME	FOOD DETAIL	PROTEIN (g)	FAT (g)	FAT:PROTEIN RATIO
BREAKFAST					
MORNING TEA/SNACK					
LUNCH					
AFTERNOON TEA/SNACK					
DINNER					
SUPPER/SNACK					
TOTAL					

DAY 4: \_\_\_\_/\_\_\_\_/\_\_\_\_

	TIME	FOOD DETAIL	PROTEIN (g)	FAT (g)	FAT:PROTEIN RATIO
BREAKFAST					
MORNING TEA/SNACK					
LUNCH					
AFTERNOON TEA/SNACK					
DINNER					
SUPPER/SNACK					
TOTAL					



DAY 5: \_\_\_\_/\_\_\_\_/\_\_\_\_

	TIME	FOOD DETAIL	PROTEIN (g)	FAT (g)	FAT:PROTEIN RATIO
<b>BREAKFAST</b>					
MORNING TEA/SNACK					
<b>LUNCH</b>					
AFTERNOON TEA/SNACK					
<b>DINNER</b>					
SUPPER/SNACK					
<b>TOTAL</b>					

DAY 6: \_\_\_\_/\_\_\_\_/\_\_\_\_

	TIME	FOOD DETAIL	PROTEIN (g)	FAT (g)	FAT:PROTEIN RATIO
<b>BREAKFAST</b>					
MORNING TEA/SNACK					
<b>LUNCH</b>					
AFTERNOON TEA/SNACK					
<b>DINNER</b>					
SUPPER/SNACK					
<b>TOTAL</b>					



DAY 7: \_\_\_\_/\_\_\_\_/\_\_\_\_

	TIME	FOOD DETAIL	PROTEIN (g)	FAT (g)	FAT:PROTEIN RATIO
<b>BREAKFAST</b>					
MORNING TEA/SNACK					
<b>LUNCH</b>					
AFTERNOON TEA/SNACK					
<b>DINNER</b>					
SUPPER/SNACK					
<b>TOTAL</b>					