

Please complete with as much detail as possible (including alcohol, sauces and dressings, as well as brand names where you can).
E.g. 1 slice of turkey breast, 1/2 carrot (grated) & 2 slices of tomato on 2 slices of Abbott's bakery rye bread with Lurpak spreadable butter.
For an overall view, include 1 weekend day and 2 weekdays.

3 DAY FOOD DIARY

Day 1 - Date: _____

BREAKFAST	TIME:	BREAKFAST	TIME:
SNACK	TIME:	SNACK	TIME:
LUNCH	TIME:	LUNCH	TIME:
SNACK	TIME:	SNACK	TIME:
DINNER	TIME:	DINNER	TIME:
SNACK	TIME:	SNACK	TIME:
WATER	HOW MANY CUPS/LITRES:	WATER	HOW MANY CUPS/LITRES:
OTHER DRINKS	TIME:	OTHER DRINKS	TIME:

3 DAY FOOD DIARY

Day 3 - Date: _____

BREAKFAST	TIME:
SNACK	TIME:
LUNCH	TIME:
SNACK	TIME:
DINNER	TIME:
SNACK	TIME:
WATER	HOW MANY CUPS/LITRES:
OTHER DRINKS	TIME: