| WEEKLY FOOD DAIRY |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Day: | Break"fast" | Second Meal | Other food and snacks | Drinks | Notes (how your felt): |
| Monday |  |  |  |  |  |
| Tuesday |  |  |  |  |  |
| Wednesday |  |  |  |  |  |
| Thursday |  |  |  |  |  |
| Friday |  |  |  |  |  |
| Saturday |  |  |  |  |  |
| Sunday |  |  |  |  |  |

