

Please complete this 3-day food diary depicting all food and beverage intake on typical days for you. This information will help with the development of your meal plan, so provide as much detail as possible. Include name brands of foods, how the meal was prepared, quantities eaten, etc. for food items that include different types of foods please list out each food included. For example: trail mix with raisins, peanuts, almonds, etc.; or salad with tomatoes, cucumber, bean sprouts, garbanzo beans, etc.

## Food Diary Day 1

Time of Day	Meal Eaten	Food Eaten (please be specific including amounts, types of food, etc.)
Sample Record		
8:30 am	Breakfast	1 ½ cup Chocolate Chex with ½ cup 2% milk
		1 cup regular coffee with 2 Tbsp half and half and 1 Tbsp sugar
		1 homemade cinnamon bun (about size of my fist)
		2 slices bacon
	Breakfast	
	Lunch	
	Dinner	
	Snack	
	Snack	
	Snack	
	Other	

# Food Diary Day 2

Time of Day	Meal Eaten	Food Eaten (please be specific including amounts, types of food, etc.)
Sample Record		
8:30 am	Breakfast	1 ½ cup Chocolate Chex with ½ cup 2% milk
		1 cup regular coffee with 2 Tbsp half and half and 1 Tbsp sugar
		1 homemade cinnamon bun (about size of my fist)
		2 slices bacon
	Breakfast	
	Lunch	
	Dinner	
	Snack	
	Snack	
	Snack	
	Other	

# Food Diary Day 3

Time of Day	Meal Eaten	Food Eaten (please be specific including amounts, types of food, etc.)
Sample Record		
8:30 am	Breakfast	1 ½ cup Chocolate Chex with ½ cup 2% milk
		1 cup regular coffee with 2 Tbsp half and half and 1 Tbsp sugar
		1 homemade cinnamon bun (about size of my fist)
		2 slices bacon
	Breakfast	
	Lunch	
	Dinner	
	Snack	
	Snack	
	Snack	
	Other	

# Food Diary Day 4

Time of Day	Meal Eaten	Food Eaten (please be specific including amounts, types of food, etc.)
Sample Record		
8:30 am	Breakfast	1 ½ cup Chocolate Chex with ½ cup 2% milk
		1 cup regular coffee with 2 Tbsp half and half and 1 Tbsp sugar
		1 homemade cinnamon bun (about size of my fist)
		2 slices bacon
	Breakfast	
	Lunch	
	Dinner	
	Snack	
	Snack	
	Snack	
	Other	

# Food Diary Day 5

Time of Day	Meal Eaten	Food Eaten (please be specific including amounts, types of food, etc.)
Sample Record		
8:30 am	Breakfast	1 ½ cup Chocolate Chex with ½ cup 2% milk
		1 cup regular coffee with 2 Tbsp half and half and 1 Tbsp sugar
		1 homemade cinnamon bun (about size of my fist)
		2 slices bacon
	Breakfast	
	Lunch	
	Dinner	
	Snack	
	Snack	
	Snack	
	Other	

## Food Diary Day 6

Time of Day	Meal Eaten	Food Eaten (please be specific including amounts, types of food, etc.)
Sample Record		
8:30 am	Breakfast	1 ½ cup Chocolate Chex with ½ cup 2% milk
		1 cup regular coffee with 2 Tbsp half and half and 1 Tbsp sugar
		1 homemade cinnamon bun (about size of my fist)
		2 slices bacon
	Breakfast	
	Lunch	
	Dinner	
	Snack	
	Snack	
	Snack	
	Other	

# Food Diary Day 7

Time of Day	Meal Eaten	Food Eaten (please be specific including amounts, types of food, etc.)
Sample Record		
8:30 am	Breakfast	1 ½ cup Chocolate Chex with ½ cup 2% milk
		1 cup regular coffee with 2 Tbsp half and half and 1 Tbsp sugar
		1 homemade cinnamon bun (about size of my fist)
		2 slices bacon
	Breakfast	
	Lunch	
	Dinner	
	Snack	
	Snack	
	Snack	
	Other	