

3-DAY FOOD & DRINK DIARY

DATE: / /

| MEAL | DAY 1 _ _ _ _ _ | DAY 2 _ _ _ _ _ | DAY 3 _ _ _ _ _ |
|-------------------------|-----------------|-----------------|-----------------|
| BREAKFAST (1ST MEAL) | | | |
| SNACKS | | | |
| LUNCH (2ND MEAL) | | | |
| SNACKS | | | |
| DINNER (3RD MEAL) | | | |
| SNACKS | | | |