

Food Diary

If you bite it, write it - keep an accurate food diary!

www.nutritionforlife.co.nz

| | | | | | | | |
|------------------|--|--|--|--|--|--|--|
| Date/Day | | | | | | | |
| Breakfast | | | | | | | |
| Snack | | | | | | | |
| Lunch | | | | | | | |
| Snack | | | | | | | |
| Dinner | | | | | | | |
| Snack | | | | | | | |
| Water | | | | | | | |
| Alcohol | | | | | | | |
| Exercise | | | | | | | |

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