

3 Day Food Journal

Name:

Date:

Day 1 Date :

BREAKFAST:

Meat & Dairy:

Vegetable & Fruits:

Breads, Cereals & Grains:

Fats (butter, margarine, oils, etc.):

Candy, Sweets & Junk Food:

Drinks:

MID-MORNING SNACK:

LUNCH:

Meat & Dairy:

Vegetable & Fruits:

Breads, Cereals & Grains:

Fats (butter, margarine, oils, etc.):

Candy, Sweets & Junk Food:

Drinks:

MID-AFTERNOON SNACK:

DINNER:

Meat & Dairy:

Vegetable & Fruits:

Breads, Cereals & Grains:

Fats (butter, margarine, oils, etc.):

Candy, Sweets & Junk Food:

Drinks:

NIGHTTIME SNACK:

Day 2 Date :

BREAKFAST:

Meat & Dairy:

Vegetable & Fruits:

Breads, Cereals & Grains:

Fats (butter, margarine, oils, etc.):

Candy, Sweets & Junk Food:

Drinks:

MID-MORNING SNACK:

LUNCH:

Meat & Dairy:

Vegetable & Fruits:

Breads, Cereals & Grains:

Fats (butter, margarine, oils, etc.):

Candy, Sweets & Junk Food:

Drinks:

MID-AFTERNOON SNACK:

DINNER:

Meat & Dairy:

Vegetable & Fruits:

Breads, Cereals & Grains:

Fats (butter, margarine, oils, etc.):

Candy, Sweets & Junk Food:

Drinks:

NIGHTTIME SNACK:

Day 3 Date :

BREAKFAST:

Meat & Dairy:

Vegetable & Fruits:

Breads, Cereals & Grains:

Fats (butter, margarine, oils, etc.):

Candy, Sweets & Junk Food:

Drinks:

MID-MORNING SNACK:

LUNCH:

Meat & Dairy:

Vegetable & Fruits:

Breads, Cereals & Grains:

Fats (butter, margarine, oils, etc.):

Candy, Sweets & Junk Food:

Drinks:

MID-AFTERNOON SNACK:

DINNER:

Meat & Dairy:

Vegetable & Fruits:

Breads, Cereals & Grains:

Fats (butter, margarine, oils, etc.):

Candy, Sweets & Junk Food:

Drinks:

NIGHTTIME SNACK: