

Food Record

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BREAKFAST	Description/ Quantity	Time of day
Meat / Eggs		
Cereal		
Milk		
Bread / Starch		
Juice		
Fruit		
Coffee / Tea		
Snacks		
LUNCH		
Meat / Protein		
Vegetable		
Salad		
Salad dressing		
Bread / Starch		
Drink		
Dessert / Snacks		
DINNER		
Meat / Protein		
Vegetable		
Salad		
Salad dressing		
Bread / Starch		
Drink		
Dessert / Snacks		

***Note preparation method: Baked, Poached, Fried, Steamed, Regular, High fiber, diet
Milk, cheese: Skim, 1%, 2%, Whole, Quantity in oz. Cup, Tblsp, tsp. etc.

*** Also if you have any physical discomfort after eating such as heart burn, upset stomach etc.
note that trend so you can be aware of food sensitivity.