



















Food Diary

Day	Breakfast	Dinner/Lunch	Tea/Evening Meal	Snacks	Drinks	How did you feel?
Monday	Low calorie yoghurt	2 crisp breads Cottage cheese Lettuce and tomato	Chips	3 chocolate biscuits	Banana smoothie Latte 3 cups of tea 1 glass of water	  
Tuesday	Banana	Egg mayo sandwich	No time for tea	Salt and vinegar crisps Peanuts	Cider Tea Energy drink	  
Wednesday	Bacon sandwich	Jacket potato and cheese	Chicken curry, rice and naan bread	No snacks	2 beers 3 cups of tea 1 glass of water	  
Thursday	No breakfast	Scrambled egg on toast, tomatoes and bacon	Tuna mayo sandwich	Apple Grapes	3 glasses of water	  
Friday	Granola	Vegetable pasta	Fish and chips	No snacks	1 glass of water 2 cups of tea	  
Saturday	Toast and jam	No lunch	Chilli and jacket potato	Pack of crisps	1 cider 1 energy drink	  
Sunday	No breakfast	Chips	Sunday lunch	No snacks	2 cups of tea Latte	