



## Food diary template

Date:

What did you eat and drink today? Be specific, include serving size (g, ml) and, where appropriate, brand (eg. 100g lean chicken breast; 1 cup TRIM milk; 1 tbspn Kraft peanut butter).

Breakfast

Time:

Snack

Time:

Lunch

Time:

Snack

Time:

Dinner

Time:

Snack

Time:

Water (8-12 glasses per day)

          

**IGNITE. DELIVER. TRANSFORM.**