

# 3 DAY FOOD JOURNAL

Please use as much detail when filling out this form. Portion size is useful data that should be included if possible. Eg. Instead of "Yogurt bowl", please write " 4 oz yogurt, half a banana and a handful blueberries.

## DAY 1

### BREAKFAST

Please list all food and beverages consumed including water. Please add portion sizes where possible.

### LUNCH

Please list all food and beverages consumed including water. Please add portion sizes where possible.

### DINNER

Please list all food and beverages consumed including water. Please add portion sizes where possible.

### SNACKS

Please list all snacks consumed. If no snacks were consumed please leave it blank.

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## DAY 2

### BREAKFAST

Please list all food and beverages consumed including water. Please add portion sizes where possible.

### LUNCH

Please list all food and beverages consumed including water. Please add portion sizes where possible.

### DINNER

Please list all food and beverages consumed including water. Please add portion sizes where possible.

### SNACKS

Please list all snacks consumed. If no snacks were consumed please leave it blank.

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## DAY 3

### BREAKFAST

Please list all food and beverages consumed including water. Please add portion sizes where possible.

### LUNCH

Please list all food and beverages consumed including water. Please add portion sizes where possible.

### DINNER

Please list all food and beverages consumed including water. Please add portion sizes where possible.

### SNACKS

Please list all snacks consumed. If no snacks were consumed please leave it blank.