

My Food and beverage diary

Be completely honest with yourself. There is no judgement, I'm here to help you reach your goals and improve your health 🙌 YOU GOT THIS

Monday	Meals	Serving sizes (Mls, gms, cup)	Food groups (Nutritionist only)	Calories (Nutritionist only)
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				
Hydration				

Tuesday	Meals	Serving sizes (Mls, gms, cup)	Food groups (Nutritionist only)	Calories (Nutritionist only)
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				
Hydration				

Wednesday	Meals	Serving sizes (Mls, gms, cup)	Food groups (Nutritionist only)	Calories (Nutritionist only)
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				
Hydration				

Thursday	Meals	Serving sizes (Mls, gms, cup)	Food groups (Nutritionist only)	Calories (Nutritionist only)
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				
Hydration				

Friday	Meals	Serving sizes (Mls, gms, cup)	Food groups (Nutritionist only)	Calories (Nutritionist only)
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				
Hydration				

Saturday	Meals	Serving sizes (Mls, gms, cup)	Food groups (Nutritionist only)	Calories (Nutritionist only)
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				
Hydration				

Sunday	Meals	Serving sizes (Mls, gms, cup)	Food groups (Nutritionist only)	Calories (Nutritionist only)
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				
Hydration				

Tips for your food diary

*When filling out your food diary use measurements, for eg. ½ cup of cooked carrot, 50g of steak or 100g of cereal with 50ml of skim milk.

*The best way to achieve the correct results is by filling out the food diary as you are making your food. That way you won't forget anything.

*Record all fluid intake including water, tea, coffee, alcohol, milk, energy drink, protein drink etc. Please record fluid intake in mls.