

# Food Log

First name: \_\_\_\_\_  
Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Weight: \_\_\_\_\_ Height: \_\_\_\_\_ Desired weight: \_\_\_\_\_

Please write down everything you eat and drink for the next five days as accurately as possible. Also include coffee, alcoholic beverages, soda, candy bars, etc., and estimated serving sizes whenever possible. Try to be specific. For example, instead of writing "1 cup of milk," specify if the milk was low fat or 2%. Explain in detail how the food prepared. For example, instead of writing 1 chicken breast, describe whether the chicken was fried, baked, or grilled, what kind of oil was used, if it was breaded, and so forth.

## Day 1

Breakfast: \_\_\_\_\_

\_\_\_\_\_

Lunch: \_\_\_\_\_

\_\_\_\_\_

Dinner: \_\_\_\_\_

\_\_\_\_\_

Snacks: \_\_\_\_\_

\_\_\_\_\_

## Day 2

Breakfast: \_\_\_\_\_

\_\_\_\_\_

Lunch: \_\_\_\_\_

\_\_\_\_\_

Dinner: \_\_\_\_\_

\_\_\_\_\_

Snacks: \_\_\_\_\_

\_\_\_\_\_

## Day 3

Breakfast: \_\_\_\_\_

\_\_\_\_\_

Lunch: \_\_\_\_\_

\_\_\_\_\_

# Food Log

Dinner: \_\_\_\_\_

\_\_\_\_\_

Snacks: \_\_\_\_\_

\_\_\_\_\_

## Day 4

Breakfast: \_\_\_\_\_

\_\_\_\_\_

Lunch: \_\_\_\_\_

\_\_\_\_\_

Dinner: \_\_\_\_\_

\_\_\_\_\_

Snacks: \_\_\_\_\_

\_\_\_\_\_

## Day 5

Breakfast: \_\_\_\_\_

\_\_\_\_\_

Lunch: \_\_\_\_\_

\_\_\_\_\_

Dinner: \_\_\_\_\_

\_\_\_\_\_

Snacks: \_\_\_\_\_

\_\_\_\_\_

What time do you eat your last meal? \_\_\_\_\_