



# 7 Day Food Log

## Day 1

Wake Up Time: \_\_\_\_\_

### Breakfast

Time: \_\_\_\_\_ Sweeteners, Spices/ Salts, Condiments: \_\_\_\_\_

Beverages (include portions): \_\_\_\_\_

Food (include portions): \_\_\_\_\_

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### Morning Snack

Time: \_\_\_\_\_ Food & Beverages (include portions): \_\_\_\_\_

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### Lunch

Time: \_\_\_\_\_ Sweeteners, Spices/ Salts, Condiments: \_\_\_\_\_

Beverages (include portions): \_\_\_\_\_

Food (include portions): \_\_\_\_\_

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### Afternoon Snack

Time: \_\_\_\_\_ Food & Beverages (include portions): \_\_\_\_\_

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### Dinner

Time: \_\_\_\_\_ Sweeteners, Spices/ Salts, Condiments: \_\_\_\_\_

Beverages (include portions): \_\_\_\_\_

Food (include portions): \_\_\_\_\_

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## Day 2

Wake Up Time: \_\_\_\_\_

### Breakfast

Time: \_\_\_\_\_ Sweeteners, Spices/ Salts, Condiments: \_\_\_\_\_

Beverages (include portions): \_\_\_\_\_

Food (include portions): \_\_\_\_\_

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### Morning Snack

Time: \_\_\_\_\_ Food & Beverages (include portions): \_\_\_\_\_

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### Lunch

Time: \_\_\_\_\_ Sweeteners, Spices/ Salts, Condiments: \_\_\_\_\_

Beverages (include portions): \_\_\_\_\_

Food (include portions): \_\_\_\_\_

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### Afternoon Snack

Time: \_\_\_\_\_ Food & Beverages (include portions): \_\_\_\_\_

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### Dinner

Time: \_\_\_\_\_ Sweeteners, Spices/ Salts, Condiments: \_\_\_\_\_

Beverages (include portions): \_\_\_\_\_

Food (include portions): \_\_\_\_\_

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## Day 3

Wake Up Time: \_\_\_\_\_

### Breakfast

Time: \_\_\_\_\_ Sweeteners, Spices/ Salts, Condiments: \_\_\_\_\_

Beverages (include portions): \_\_\_\_\_

Food (include portions): \_\_\_\_\_

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### Morning Snack

Time: \_\_\_\_\_ Food & Beverages (include portions): \_\_\_\_\_

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### Lunch

Time: \_\_\_\_\_ Sweeteners, Spices/ Salts, Condiments: \_\_\_\_\_

Beverages (include portions): \_\_\_\_\_

Food (include portions): \_\_\_\_\_

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### Afternoon Snack

Time: \_\_\_\_\_ Food & Beverages (include portions): \_\_\_\_\_

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### Dinner

Time: \_\_\_\_\_ Sweeteners, Spices/ Salts, Condiments: \_\_\_\_\_

Beverages (include portions): \_\_\_\_\_

Food (include portions): \_\_\_\_\_

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## Day 4

Wake Up Time: \_\_\_\_\_

### Breakfast

Time: \_\_\_\_\_ Sweeteners, Spices/ Salts, Condiments: \_\_\_\_\_

Beverages (include portions): \_\_\_\_\_

Food (include portions): \_\_\_\_\_

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### Morning Snack

Time: \_\_\_\_\_ Food & Beverages (include portions): \_\_\_\_\_

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### Lunch

Time: \_\_\_\_\_ Sweeteners, Spices/ Salts, Condiments: \_\_\_\_\_

Beverages (include portions): \_\_\_\_\_

Food (include portions): \_\_\_\_\_

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### Afternoon Snack

Time: \_\_\_\_\_ Food & Beverages (include portions): \_\_\_\_\_

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### Dinner

Time: \_\_\_\_\_ Sweeteners, Spices/ Salts, Condiments: \_\_\_\_\_

Beverages (include portions): \_\_\_\_\_

Food (include portions): \_\_\_\_\_

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# Day 5

Wake Up Time: \_\_\_\_\_

## Breakfast

Time: \_\_\_\_\_ Sweeteners, Spices/ Salts, Condiments: \_\_\_\_\_

Beverages (include portions): \_\_\_\_\_

Food (include portions): \_\_\_\_\_

\_\_\_\_\_

## Morning Snack

Time: \_\_\_\_\_ Food & Beverages (include portions): \_\_\_\_\_

\_\_\_\_\_

## Lunch

Time: \_\_\_\_\_ Sweeteners, Spices/ Salts, Condiments: \_\_\_\_\_

Beverages (include portions): \_\_\_\_\_

Food (include portions): \_\_\_\_\_

\_\_\_\_\_

## Afternoon Snack

Time: \_\_\_\_\_ Food & Beverages (include portions): \_\_\_\_\_

\_\_\_\_\_

## Dinner

Time: \_\_\_\_\_ Sweeteners, Spices/ Salts, Condiments: \_\_\_\_\_

Beverages (include portions): \_\_\_\_\_

Food (include portions): \_\_\_\_\_

\_\_\_\_\_

## Day 6

Wake Up Time: \_\_\_\_\_

### Breakfast

Time: \_\_\_\_\_ Sweeteners, Spices/ Salts, Condiments: \_\_\_\_\_

Beverages (include portions): \_\_\_\_\_

Food (include portions): \_\_\_\_\_

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### Morning Snack

Time: \_\_\_\_\_ Food & Beverages (include portions): \_\_\_\_\_

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### Lunch

Time: \_\_\_\_\_ Sweeteners, Spices/ Salts, Condiments: \_\_\_\_\_

Beverages (include portions): \_\_\_\_\_

Food (include portions): \_\_\_\_\_

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### Afternoon Snack

Time: \_\_\_\_\_ Food & Beverages (include portions): \_\_\_\_\_

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### Dinner

Time: \_\_\_\_\_ Sweeteners, Spices/ Salts, Condiments: \_\_\_\_\_

Beverages (include portions): \_\_\_\_\_

Food (include portions): \_\_\_\_\_

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# Day 7

Wake Up Time: \_\_\_\_\_

## Breakfast

Time: \_\_\_\_\_ Sweeteners, Spices/ Salts, Condiments: \_\_\_\_\_

Beverages (include portions): \_\_\_\_\_

Food (include portions): \_\_\_\_\_

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## Morning Snack

Time: \_\_\_\_\_ Food & Beverages (include portions): \_\_\_\_\_

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## Lunch

Time: \_\_\_\_\_ Sweeteners, Spices/ Salts, Condiments: \_\_\_\_\_

Beverages (include portions): \_\_\_\_\_

Food (include portions): \_\_\_\_\_

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## Afternoon Snack

Time: \_\_\_\_\_ Food & Beverages (include portions): \_\_\_\_\_

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## Dinner

Time: \_\_\_\_\_ Sweeteners, Spices/ Salts, Condiments: \_\_\_\_\_

Beverages (include portions): \_\_\_\_\_

Food (include portions): \_\_\_\_\_

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