

# Basic Food Diary

Day/Date	Breakfast	Lunch	Dinner	Snack	Comments
Sample Tues 7/27	1 whole wheat toast, 1 TBS Peanut Butter, drizzle honey, 1 cup OJ	11:30-Ruby Tuesday Salad- Spinach, peas, carrots, cheese, olives, zuchinni, sunflower seeds, french & bleu cheese dressing. Chicken tortilla soup	Goat cheese with roasted tomatoes, Rosemary Breadsticks, hot tea	1 large apple, 9:00am 1 yoplait yogurt 3pm	32 oz water-work, heartburn returned after lunch, gym- cardio

Food Journal continued

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