7 Day Food Log

Day 1

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 2

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 3

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 4

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 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): __________________________________________________________________________

**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 7

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):__________________________________________