

Three Day Food Diary

Please print out this food diary and complete all three days. Honestly is the best policy when completing the diary as it will give you a better insight into what you are eating, drinking throughout the day. Simply write down everything you eat and drink. If for example, you are eating too much you can make cuts where necessary.

The first page is an example of how to fill out the diary. I recommend filling out 2 days during the week and 1 at the weekend as your habits change when the weekend rolls in.

Example Day ▼				
Meal	Food/ Beverage	Mood Before	Mood After	Fruit & Veg
Breakfast	75g Porridge Oats 50ml semi-skimmed milk 100g Blueberries Large Americano	Tired	Energetic	✓○○○○○
Mid Morning Snack	1 Apple and Tsp of peanut butter	Bored	Focused	✓○○○○○
Lunch	TurkeyBolognese (serving) Rice (75g raw weight) Dark chocolate (2 squares)	Hungry	Satisfied	✓○○○○○
Afternoon Tea	Cashews (30g) Apple (1) LArge Americano	Peckish		✓○○○○○
Dinner	Pork chop, fat removed (1 steak) Green Veg (100g) New potatoes (about 4) Apple (1)	Hungry	Satisfied	✓✓○○○○
Snacks	Natural yoghurt (150g) Honey(10g) Cashews (30g)	Tired	Tired, bedtime	○○○○○

*Notes: I did an hr of exercise in the morning, walked to and from work.

Three Day Food Diary

Please print out this food diary and complete all three days. Simply write down everything you eat and drink. If for example, you are eating too much in total, you can make cuts where necessary.

If you find you eat less than 5 portions of fruits and veg a day, you'll know you need to add more of those. If you often skip meals and feel tired throughout the day or have energy fluctuations and cravings, you'll know you need to focus on better structure.

Day 1				
Meal	Food/ Beverage	Mood Before	Mood After	Fruit & Veg
Breakfast				○○○○○
Mid Morning Snack				○○○○○
Lunch				○○○○○
Afternoon Tea				○○○○○
Dinner				○○○○○
Snacks				○○○○○

*NOTES:

Three Day Food Diary

Please print out this food diary and complete all three days. Simply write down everything you eat and drink. If for example, you are eating too much in total, you can make cuts where necessary.

If you find you eat less than 5 portions of fruits and veg a day, you'll know you need to add more of those. If you often skip meals and feel tired throughout the day or have energy fluctuations and cravings, you'll know you need to focus on better structure.

Day 2				
Meal	Food/ Beverage	Mood Before	Mood After	Fruit & Veg
Breakfast				○○○○○
Mid Morning Snack				○○○○○
Lunch				○○○○○
Afternoon Tea				○○○○○
Dinner				○○○○○
Snacks				○○○○○

*NOTES

Three Day Food Diary

Please print out this food diary and complete all three days. Simply write down everything you eat and drink. If for example, you are eating too much in total, you can make cuts where necessary.

If you find you eat less than 5 portions of fruits and veg a day, you'll know you need to add more of those. If you often skip meals and feel tired throughout the day or have energy fluctuations and cravings, you'll know you need to focus on better structure.

Day 3				
Meal	Food/ Beverage	Mood Before	Mood After	Fruit & Veg
Breakfast				○○○○○
Mid Morning Snack				○○○○○
Lunch				○○○○○
Afternoon Tea				○○○○○
Dinner				○○○○○
Snacks				○○○○○

*NOTES