

Lisapnutrition

3 DAY FOOD DIARY

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Name:

Date:

*Choose 2 typical weekdays and a weekend day. Please give as much detail as possible e.g. white / wholemeal / granary bread, how many teaspoons of sugar you use, quantities where possible, cooking method, brand names. Include **all** snacks, meals and drinks*

| | Weekday 1 | Weekday 2 | Weekend |
|---|------------------|------------------|----------------|
| Breakfast | Time: | Time: | Time: |
| Lunch | Time: | Time: | Time: |
| Dinner | Time: | Time: | Time: |
| Snacks | Time: | Time: | Time: |
| Drinks <i>(including juices, hot drinks, and alcohol units)</i> | | | |