

# 3 Day Food Diary

- Please record ALL food intake for 3 days, one day being a weekend
- Please also list ALL beverages excluding water
- Please indicate time of day each meal/snack was consumed

	Day One	Day Two	Day Three
<b>Breakfast Time:</b>			
<b>Midmorning Snack Time:</b>			
<b>Lunch Time:</b>			
<b>Afternoon Snack Time:</b>			
<b>Dinner Time:</b>			
<b>Evening Snack Time:</b>			