



## 7 DAY FOOD DIARY

	MON	TUES	WEDS	THURS	FRI
<b>Breakfast</b> (write down time)					
<b>Lunch</b> (write down time)					
<b>Dinner</b> (write down time)					
<b>Snacks</b> (write down time)					
<b>Drinks</b>					
<b>Tea *</b>					
<b>Coffee *</b>					
<b>Water **</b>					
<b>Squash***</b>					



	SAT	SUN	
<b>Breakfast</b>			<p>* - Please note that if you are having a cup of tea/coffee, it is 2 cups a day <u>maximum</u>, made with skimmed milk and NO sugar!!</p> <p>** - You need to have a <b>MINIMUM</b> of 2 litres of water (2 of the bottles that I gave you).</p> <p>*** - If you asked me about squash, please make it very weak and it is not instead of your minimum 2 litres of water!</p>
(write down time)			
<b>Lunch</b>			
(write down time)			
<b>Dinner</b>			
(write down time)			
<b>Snacks</b>			
(write down time)			
<b>Drinks</b>			
<b>Tea *</b>			
<b>Coffee *</b>			
<b>Water **</b>			
<b>Squash***</b>			