Food Diary

Date	Time	Main Meals	Snacks	Fluids
Example Tues. 04/07	**8am 13:15 7.30pm**	**Big bowl of Porridge w/ honey Large Chicken Pasta (brown) w/sweetcorn, 1x small apple Salmon fillet, w/ peas, runner beans, broccoli (steamed)**	**1x banana- 10pm 1x low fat yoghurt- 4pm**	**2.5L water 1xsml red wine**