

# Weekly food diary

Use this diary to list what you eat and drink every day – don't worry how it looks – just be honest. Use this over the next few weeks to get a full picture of your diet. We recommend 2 healthy snacks as part of a balanced diet.

	Breakfast	Lunch	Dinner	Snacks & Drinks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

