

# WEEKLY FOOD LOG

Please list all food and drink and amounts.

Record up to seven days, at least four days and include at least one weekend day.

<b>Circle:</b> Monday Tuesday Wednesday Thursday Friday Saturday Sunday
<b>Breakfast:</b>
<b>Snack:</b>
<b>Lunch:</b>
<b>Snack:</b>
<b>Dinner:</b>
<b>Snack:</b>
<b>Circle:</b> Monday Tuesday Wednesday Thursday Friday Saturday Sunday
<b>Breakfast:</b>
<b>Snack:</b>
<b>Lunch:</b>
<b>Snack:</b>
<b>Dinner:</b>
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