

Name: \_\_\_\_\_

Food Diary

www.drscottjurica.com

<p>Breakfast: Day 1 Meat and Dairy Fruits and Veggies Breads, Grains and Cereals Fats (butter, oil, margarine) Candy, Sweets, Junk food Drinks (water, alcohol, etc)</p> <p>Mid morning snack</p> <p>Lunch: Day 1 Meat and Dairy Fruits and Veggies Breads, Grains and Cereals Fats (butter, oil, margarine)</p>	<p>Candy, Sweets, Junk food Drinks (water, alcohol, etc)</p> <p>Mid afternoon snack</p> <p>Dinner: Day 1 Meat and Dairy Fruits and Veggies Breads, Grains and Cereals Fats (butter, oil, margarine) Candy, Sweets, Junk food Drinks (water, alcohol, etc)</p> <p>Before bed snack</p>
<p>Breakfast: Day 2 Meat and Dairy Fruits and Veggies Breads, Grains and Cereals Fats (butter, oil, margarine) Candy, Sweets, Junk food Drinks (water, alcohol, etc)</p> <p>Mid morning snack</p> <p>Lunch: Day 2 Meat and Dairy Fruits and Veggies Breads, Grains and Cereals Fats (butter, oil, margarine)</p>	<p>Candy, Sweets, Junk food Drinks (water, alcohol, etc)</p> <p>Mid afternoon snack</p> <p>Dinner: Day 2 Meat and Dairy Fruits and Veggies Breads, Grains and Cereals Fats (butter, oil, margarine) Candy, Sweets, Junk food Drinks (water, alcohol, etc)</p> <p>Before bed snack</p>
<p>Breakfast: Day 3 Meat and Dairy Fruits and Veggies Breads, Grains and Cereals Fats (butter, oil, margarine) Candy, Sweets, Junk food Drinks (water, alcohol, etc)</p> <p>Mid morning snack</p> <p>Lunch: Day 3 Meat and Dairy Fruits and Veggies Breads, Grains and Cereals Fats (butter, oil, margarine)</p>	<p>Candy, Sweets, Junk food Drinks (water, alcohol, etc)</p> <p>Mid afternoon snack</p> <p>Dinner: Day 3 Meat and Dairy Fruits and Veggies Breads, Grains and Cereals Fats (butter, oil, margarine) Candy, Sweets, Junk food Drinks (water, alcohol, etc)</p> <p>Before bed snack</p>

Note: If Day 7 is different from any other day (splurge, party, etc) please write on back of diary.

Name: \_\_\_\_\_

Food Diary

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<p>Breakfast: Day 4 Meat and Dairy Fruits and Veggies Breads, Grains and Cereals Fats (butter, oil, margarine) Candy, Sweets, Junk food Drinks (water, alcohol, etc)</p> <p>Mid morning snack</p> <p>Lunch: Day 4 Meat and Dairy Fruits and Veggies Breads, Grains and Cereals Fats (butter, oil, margarine)</p>	<p>Candy, Sweets, Junk food Drinks (water, alcohol, etc)</p> <p>Mid afternoon snack</p> <p>Dinner: Day 4 Meat and Dairy Fruits and Veggies Breads, Grains and Cereals Fats (butter, oil, margarine) Candy, Sweets, Junk food Drinks (water, alcohol, etc)</p> <p>Before bed snack</p>
<p>Breakfast: Day 5 Meat and Dairy Fruits and Veggies Breads, Grains and Cereals Fats (butter, oil, margarine) Candy, Sweets, Junk food Drinks (water, alcohol, etc)</p> <p>Mid morning snack</p> <p>Lunch: Day 5 Meat and Dairy Fruits and Veggies Breads, Grains and Cereals Fats (butter, oil, margarine)</p>	<p>Candy, Sweets, Junk food Drinks (water, alcohol, etc)</p> <p>Mid afternoon snack</p> <p>Dinner: Day 5 Meat and Dairy Fruits and Veggies Breads, Grains and Cereals Fats (butter, oil, margarine) Candy, Sweets, Junk food Drinks (water, alcohol, etc)</p> <p>Before bed snack</p>
<p>Breakfast: Day 6 Meat and Dairy Fruits and Veggies Breads, Grains and Cereals Fats (butter, oil, margarine) Candy, Sweets, Junk food Drinks (water, alcohol, etc)</p> <p>Mid morning snack</p> <p>Lunch: Day 6 Meat and Dairy Fruits and Veggies Breads, Grains and Cereals Fats (butter, oil, margarine)</p>	<p>Candy, Sweets, Junk food Drinks (water, alcohol, etc)</p> <p>Mid afternoon snack</p> <p>Dinner: Day 6 Meat and Dairy Fruits and Veggies Breads, Grains and Cereals Fats (butter, oil, margarine) Candy, Sweets, Junk food Drinks (water, alcohol, etc)</p> <p>Before bed snack</p>

Note: If Day 7 is different from any other day (splurge, party, etc) please write on back of diary.