



FOOD DIARY

"Write down everything that passes between your lips. Section it into the day, time, what you ate and how much."

<http://www.savvy-fat-burning-food.com/diary>

	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday
Breakfast							
Mid-morning Snack							
Lunch							
Afternoon Snack							
Dinner							
Miscellaneous							
Water consumed							