

# 2 DAY FOOD RECORD

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

**Date:** \_\_\_\_\_

**Day 1**

What did you eat or drink today? Include the amount of each food and type of cooking methods etc.

Example:        1 ½ cups weeties with ½ cup skimmed milk  
                     1 wholemeal cheese and tomato sandwich  
                     2 small lamb chops, fat cut off, grilled

**BREAKFAST**

**Time:**


**During morning**

**Time:**


**LUNCH**

**Time:**


**During afternoon**

**Time:**


**DINNER**

**Time:**


**During evening**

**Time:**


# 2 DAY FOOD RECORD

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

**Date:** \_\_\_\_\_

**2<sup>nd</sup> Day Food Record**

<b>BREAKFAST</b>		<b>Time:</b>
<b>During morning</b>		<b>Time:</b>
<b>LUNCH</b>		<b>Time:</b>
<b>During afternoon</b>		<b>Time:</b>
<b>DINNER</b>		<b>Time:</b>
<b>During evening</b>		<b>Time:</b>