

# Food & Diet

Your Typical Diet - Please complete the following food diary in as much detail as possible

	Day 1	Day 2	Day 3
<b>Breakfast</b>	Food(s):	Food(s):	Food(s):
<b>Morning Tea</b>	Food(s):	Food(s):	Food(s):
<b>Lunch</b>	Food(s):	Food(s):	Food(s):
<b>Afternoon Tea</b>	Food(s):	Food(s):	Food(s):
<b>Dinner</b>	Food(s):	Food(s):	Food(s):
<b>Dessert/Evening Snack</b>	Food(s):	Food(s):	Food(s):
<b>Beverages</b>			

