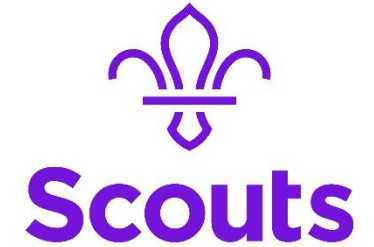


# Weekly food diary

Don't worry too much about individual ingredients, write or draw the meals and snacks you have across a week.



My name is:					
	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snacks</b>	<b>Drinks</b>
<b>Example</b>	Toast Cereal Grapefruit	Pasta Tuna Yoghurt	Mashed potato Peas and carrots Apple crumble	Easy peelers Biscuits Raisins	Orange juice Lemon water Hot chocolate
<b>Monday</b>					
<b>Tuesday</b>					
<b>Wednesday</b>					

<b>Thursday</b>					
<b>Friday</b>					
<b>Saturday</b>					
<b>Sunday</b>					

**Don't forget to bring your food diary with you to the next meeting!**

