# **Three Day Diet Journal**

Name:

Day 1 Date:

Day 2 Date:

Day 3 Date:

| **Directions**: Please record all of your meals, snacks and beverages for the three days.   * Please include at least one weekend day. * Include as much detail as possible including estimated portion size, cooking techniques, seasonings, sauces or flavorings, brand names, etc. * If you did not eat at each time frame, please mark the box at the far right. |
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| **Day One** | | |
| --- | --- | --- |
| **Meal** | **Time** | **Foods AND Drinks**  Include as much detail as possible including estimated portion size, cooking techniques, seasonings, sauces or flavorings, brand names, etc.  *(Example: 3 eggs, cooked in butter, with ½ small avocado, 1 slice whole wheat toast with 1 tablespoon Smackers natural peanut butter, Americano with 1 teaspoon half and half and ¼ teaspoon sugar)* |
| Breakfast |  |  |
| Snack 1 |  |  |
| Lunch |  |  |
| Snack 2 |  |  |
| Dinner |  |  |
| Snack 3 |  |  |
| Beverages |  |  |

| **Day Two** | | |
| --- | --- | --- |
| **Meal** | **Time** | **Foods AND Drinks**  Include as much detail as possible including estimated portion size, cooking techniques, seasonings, sauces or flavorings, brand names, etc.  *(Example: 3 eggs, cooked in butter, with ½ small avocado, 1 slice whole wheat toast with 1 tablespoon Smackers natural peanut butter, Americano with 1 teaspoon half and half and ¼ teaspoon sugar)* |
| Breakfast |  |  |
| Snack 1 |  |  |
| Lunch |  |  |
| Snack 2 |  |  |
| Dinner |  |  |
| Snack 3 |  |  |
| Beverages |  |  |

| **Day Three** | | |
| --- | --- | --- |
| **Meal** | **Time** | **Foods AND Drinks**  Include as much detail as possible including estimated portion size, cooking techniques, seasonings, sauces or flavorings, brand names, etc.  *(Example: 3 eggs, cooked in butter, with ½ small avocado, 1 slice whole wheat toast with 1 tablespoon Smackers natural peanut butter, Americano with 1 teaspoon half and half and ¼ teaspoon sugar)* |
| Breakfast |  |  |
| Snack 1 |  |  |
| Lunch |  |  |
| Snack 2 |  |  |
| Dinner |  |  |
| Snack 3 |  |  |
| Beverages |  |  |