

3 Day Food Log

Please list all **MEALS, SNACKS & DRINKS** (including water) consumed over the course of **2 weekdays** and **1 weekend day**. Do not forget to include items such as **condiments** (e.g. *mustard, mayo, dressings*) and **toppings** (e.g. *whip cream on coffee drinks*). Exact amounts are unnecessary, but please provide general amounts of food consumed (e.g. *1 turkey sandwich on white bread with romaine lettuce and mayo* or *a large bowl of brown rice pasta with canned tomato sauce and fresh basil*). Also, please specify whether your meal was prepared at home or from a restaurant. The purpose of this food log is to give me an idea of your typical eating habits so that I may provide individualized counseling to help you make changes that will work for *you*.

Weekday 1:

Weekday 2:



Weekend Day:

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