Food Diary

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day** | **Food** (Meals and amounts) | **Drinks** (types and amount) | **Likes** (what did you enjoy the most) | **Dislikes** (was there anything you did not enjoy) | **Ideas** (Is there anything you wish was on the menu) |
| **Monday** |  |  |  |  |  |
| **Tuesday** |  |  |  |  |  |
| **Wednesday** |  |  |  |  |  |
| **Thursday** |  |  |  |  |  |
| **Friday** |  |  |  |  |  |

