

<b>Meal</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>							
<b>Morning Tea</b>							
<b>Lunch</b>							
<b>Afternoon tea</b>							
<b>Dinner</b>							
<b>Beverages</b>							
<b>Water</b>							

*Note:* As you complete your food diary, please try to record your foods as accurate as possible by writing down what you have eaten right after your meal.