3 Day Food Log

Day 1		Day 2			Day 3	
Amount/	List amount of food or	Amount/	List amount of food or	Amount/	List amount of food or	
Time of	beverage	Time of	beverage	Time of	beverage	
day	(Ex: 1 c. orange juice)	day	(Ex: 1 c. orange juice)	day	(Ex: 1 c. orange juice)	
Home/Out	Breakfast:	Home/Out	Breakfast:	Home/Out	Breakfast:	
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					AMILIAN.	
Home/Out	In-Between:	Home/Out	In-Between:	Home/Out	In-Between:	
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					E 9	
Home/Out	Lunch:	Home/Out	Lunch:	Home/Out	Lunch:	
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Home/Out	In-Between:	Home/Out	In-Between:	Home/Out	In-Between:	
Home/Out	Dinner:	Home/Out	Dinner:	Home/Out	Dinner:	
Home/Out	Evening Snack:	Home/Out	Evening Snack:	Home/Out	Evening Snack:	