3 Day Food Log

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