7 Day Diet Record

EXAMPLE

Day : Friday

Time of Day	Food Item (Please include EVERYTHING that goes into your mouth)	Amount
7:00 AM	eggs freid	2 medium
	toast white	3 thick
	jam	1 tsp
	butter	1 tsp
10am	coffee strong latte	in mug
12.3o pm	snapper	120gr
	brussel spouts steamed	5 large
	tomatoe freid	2 medium
	butter	2 tsp
	carrot juice freshly jiuced	1 cup
3.00pm	cheese cake	1 medium serve about 80
	tea with milk and 1 sugar	1 cup
9.00pm	chicken breast sauteed	1 inch X 4 in X 4 in
	potatoes mashed with table spoon butter and salt	1 cup
	lettuce	1 cup
	dark chocolate	5 large squares
	3 glasses red wine	3 glasses