

## Sample food journal

TIME	MEAL EATEN	COMMENTS
7 AM	2 cups orange juice 2 pieces toast with 2 tbsp peanut butter, 1 tbsp low-sugar jam Mug of coffee with 2 packets sugar, 1/4 cup skim milk	
10 AM	Handful of almonds 1 small container of strawberry yogurt 1 boiled egg Banana Mug of coffee with 2 packets sugar, 1/4 cup skim milk	
1 PM	Sandwich: Whole grain bread, 3 slices of turkey, 2 slices Swiss cheese, tomato, lettuce, mayonnaise Diet Coke	
3 PM	Handful of nuts Apple Granola bar	
6:30 PM	Chicken breast Salad: Greens, tomato, cucumber 2 tbsp low-fat dressing	
9 PM	Handful of nuts Leftover chicken 1 cup blueberries 2 thumbs of cheese	