



My Food and Drink Diary

Start date:...../...../.....

Key things to remember:

- To eat balanced meals and snacks – protein, good fats and carbohydrates (all vegetables and fruits are carbs)
- To avoid drinking with meals - drink 30 minutes before or 1 hour after a meal for optimal digestion
- Recommended fluid intake (all drinks) is between 1.5 – 2 litres a day. Try to drink a litre of this intake as water.
- To eat only when hungry – you may not need snacks in between meals. If you do, eat unprocessed, whole foods – balanced snacks.

	Drinks	Breakfast	Snack	Drinks	Lunch	Drinks	Dinner	Snack
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								



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