

Food Diary

Date: 01-01-2013

Goals: Weight - 80kgs Waist - 80 cm

Food:

Time	Food Description	Portion	Mood	Thoughts
6.30am	Natural Muesli w/Milk	1 bowl	Good	Very satisfied
	Apple Juice	1 glass	"	"
9.00am	Water	1 glass	-	-
10.30am	Yoghurt	250ml	Happy	Feeling healthy
	Chocolate Biscuits	2	Very Happy	Didn't need these.
	Cup of tea	1 cup	"	-
11.15am	Water	1 glass	-	-
12.30pm	Turkey/Salad Sandwich	1	Flat	Tasted Great
	Diet Coke	1 can	"	Needed a sugar fix
1.30pm	Water	1 glass	-	-
2.30pm	Mandarin	1	Good	-
6.00pm	Grilled Chicken breast	1 small	Tired	-
	Mixed vegetables	1 cup	"	-
	Bread	1 slice	"	Didn't need this
	Wine	2 glasses	"	Nice drop!
9.00pm	Hot Chocolate	1 cup	Good	This'll help me sleep

Sample Food Diary Layout

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Adopting the Beat of Appearance: An Psychological Symphony within **Sample Food Diary Layout**

In some sort of used by displays and the ceaseless chatter of instantaneous conversation, the melodic elegance and psychological symphony developed by the prepared term frequently fade into the back ground, eclipsed by the constant noise and distractions that permeate our lives. But, nestled within the pages of **Sample Food Diary Layout** a charming literary value filled with natural feelings, lies an immersive symphony waiting to be embraced. Crafted by a masterful musician of language, that captivating masterpiece conducts viewers on a mental journey, well unraveling the hidden melodies and profound impact resonating within each carefully crafted phrase. Within the depths with this touching assessment, we shall discover the book is key harmonies, analyze its enthralling writing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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