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	0.000	**
9.00am	Water	1 glass	2,04.52	40
10.30am	Yoghurt	250ml	Нарру	Feeling healthy
	Chocolate Biscuits	2	Very Happy	Didn't need these.
	Cup of tea	1 cup	1000	
11.15am	Water	1 glass	1 25-03	
12.30pm	Turkey/Salad Sandwich	1	Flat	Tasted Great
	Diet Coke	1 can		Needed a sugar fix
1.30pm	Water	1 glass	00.20	
2.30pm	Mandarin	1	Good	123
6.00pm	Grilled Chicken breast	1 small	Tired	-
	Mixed vegetables	1 cup		<u></u>
	Bread	1 slice	***	Didn't need this
	Wine	2 glasses		Nice drop!
9.00pm	Hot Chocolate	1 cup	Good	This'll help me sleep

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