

Weekly Food Log

Please include all food, beverages, (including water), and quantities of each, with as much detail as possible.

Name: _____: Week of _____

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|-----------|-------|-------|-------|-------|-------|-------|-------|
| Breakfast | | | | | | | |
| Lunch | | | | | | | |
| Dinner | | | | | | | |
| Snacks | | | | | | | |
| Other | | | | | | | |