



# Three Day Food Journal

Breakfast **Day 1**

Mid-Morning Snack (Optional)

Lunch

Afternoon Snack

Dinner

Bedtime Snack

Liquids

Breakfast **Day 2**

Mid-Morning Snack (Optional)

Lunch

Afternoon Snack

Dinner

Bedtime Snack

Liquids

Breakfast **Day 3**

Mid-Morning Snack (Optional)

Lunch

Afternoon Snack

Dinner

Bedtime Snack

Liquids

Notes: \_\_\_\_\_  
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