Please fill the following categories out for every meal consumed within a 3 day period, preferably 2 weekdays and 1 weekend day. The more information you provide, the more accurate I will be when analyzing your food habits.

Helpers on amounts: *1 cup = fist, 3-4 oz. of meat = palm, 1 tsp. = thumb tip, 1-2 oz. snack food = handful, 1 oz. = entire thumb*

Day 1

Time	Food	Portion size (amount)	Description (how was it cooked?)

Day 2

Time	Food	Portion size (amount)	Description (how was it cooked?)

Day 3

Time	Food	Portion size (amount)	Description (how was it cooked?)

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