

2-Day Food Log

Day	1
$-\alpha$	

24, 1	
Breakfast	SERVING SIZE
Mid-Morning Snack	
Lunch	
Mid-Afternoon Snack	
Dinner	
Evening Snack	

Day 2

Breakfast	SERVING SIZE
Mid-Morning Snack	
Lunch	
Mid-Afternoon Snack	
Dinner	
Evening Snack	