

## Lowey Chiropractic Food Diary

Each day record all the foods you eat and drink. Be sure to include an approximate amount for each food. The purpose of a food diary is to create awareness of what you put in your body and to have a record to analyze the quality of your eating habits.

Name:		

	Meals	What You Ate and Drank	Notes
DAY 1	Breakfast		
′1_	Snack		
	Lunch		
	Snack		
	Dinner		
	Snack		
	Meals	What You Ate and Drank	Notes
DAY 2	Breakfast		
′2_	Snack		
	Lunch		
	Snack		
	Dinner		
	Snack		
	Meals	What You Ate and Drank	Notes
DAY 3	Breakfast		
′3_	Snack		
	Lunch		
	Snack		
	Dinner		
	Snack		

	Meals	What You Ate and Drank	Notes
DAY 4	Breakfast		
4	Snack		
	Lunch		
	Snack		
	Dinner		
	Snack		
	Meals	What You Ate and Drank	Notes
DAY 5	Breakfast		
5	Snack		
	Lunch		
	Snack		
	Dinner		
	Snack		
	Meals	What You Ate and Drank	Notes
DAY	Meals Breakfast	What You Ate and Drank	Notes
DAY 6		What You Ate and Drank	Notes
DAY 6	Breakfast	What You Ate and Drank	Notes
DAY 6	Breakfast Snack	What You Ate and Drank	Notes
DAY 6	Breakfast Snack Lunch	What You Ate and Drank	Notes
DAY 6	Breakfast Snack Lunch Snack	What You Ate and Drank	Notes
	Breakfast Snack Lunch Snack Dinner	What You Ate and Drank  What You Ate and Drank	Notes
	Breakfast Snack Lunch Snack Dinner		
DAY 6 DAY 7	Breakfast Snack Lunch Snack Dinner Snack Meals		
	Breakfast  Snack  Lunch  Snack  Dinner  Snack  Meals  Breakfast		
	Breakfast Snack Lunch Snack Dinner Snack Meals Breakfast Snack		
	Breakfast Snack Lunch Snack Dinner Snack Meals Breakfast Snack Lunch		