

Food Diary Sample



Name: _____

Month: _____

If you'd like to start living a healthier lifestyle, making a food journal template and sticking to it would help you out. Whether you want to start living healthier or start losing weight, keeping a food log template would give you the opportunity to do so. You'd have a concrete record of that you have eaten and you would have the ability to make any changes to your diet however you wish.

When you write down what you are eating for every meal, you would be able to pinpoint when you start binge eating and what food causes you to do so. You can then start avoiding the said food or only have it available when you are on a cheat day.

Week 1

Use this diary to record what you have to eat and drink every day. Don't forget a balanced diet is best and aim to get your 5 a day of fruit and vegetables.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	-Pancake topped w/ hazelnut spread and chia seeds -Mango -Water	-Strawberry pineapple banana yogurt smoothie -Water	-Strawberry pineapple banana yogurt smoothie -Water	-Strawberry banana yogurt smoothie -Water	None	-Strawberry banana yogurt smoothie -Water	-Strawberry banana yogurt smoothie -Water
Snack	None	None	None	None	None	None	None
Lunch	-White Rice, spam, fresh green tomatoes -Water	-White rice, pancit -Chia bars -Water	-White rice, pork ribs -Water	-White rice, chicken adobao -Mango shake sweetened with honey -Water	-Spaghetti, wheat bread, boiled camote -Water	-White rice, pork ginamay -Water	-White rice, utan bisaya, meat balls -Water
Mid Afternoon	-Polvoron cookie -Water	-Tuna bun -Water	-Honey butter almonds	-Seed and nut crackers -Water	-Hopia de ube dice -Boiled camote -Water	-Ham and egg bun -Water	None
Dinner	-White rice, ngohiong, gyoza, squid roll -Grapes -Water	-White rice, baby squid -Apple Mango -Water	-White rice, bangus -Yogurt -Water	-Kitkat -White rice, baby squid -Chicken shawarma -Jackfruit	-White rice, fried fish -Water	-Cloud 9 chocolate -White rice, fried fish -Water	-White rice, lechon -Water
Activity		AM - 30 minute brisk walking				AM - 30 minute brisk walking	

Week 2

Use this diary to record what you have to eat and drink every day. Don't forget a balanced diet is best and aim to get your 5 a day of fruit and vegetables.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	-Wheat bread -Water	-Strawberry banana apple yogurt smoothie -Water	-Strawberry banana apple yogurt smoothie -Water	-Strawberry banana apple yogurt smoothie -Water	-White rice, pork -Water	-Pizza	-None
Snack	None	None	None	None	None	None	-Butter cookies
Lunch	-White rice, fried fish -Mango -Water	-White rice, pancit -Water	-White rice, pork -Water	-White rice, chicken -Water	-Batchoy Noodles -Water	-White rice, smoked fish, itlog maalat, fresh i tomatoes -Water	-White rice, pork, bam- -Pineapple juice
Mid Afternoon	None	-Tuna bun	-Tuna bun	-Quail eggs -Pandesal with peanut spread -Water	-Sandwich -Water	-Fish crackers, pretzels -Water	-Matcha drink -popcorn
Dinner	-White rice, tinolang manok -Stromboli -Water	-Pizza, chicken, spaghetti, mojos -Water	-White rice, fish -Water	-White rice, fish -Water	-Chicken, lasagna -Water	-White rice, chicken, chopseuy, pancit, menudo -Cake -Water, Soya milk	-White rice, grilled pork belly, grilled bangus, shrimp -Water
Activity				AM- 30 minute workout at home			

Week 3

Use this diary to record what you have to eat and drink every day. Don't forget a balanced diet is best and aim to get your 5 a day of fruit and vegetables.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	-White rice, pork, hotdog -Water	-Pandesal	-Strawberry apple yogurt smoothie -Water	-Strawberry apple yogurt smoothie -Water	-Strawberry banana yogurt smoothie -egg sandwich -Water	-Strawberry banana yogurt smoothie -Water	-Raisin wheat bread -Water
Snack	None	None	None	-Raisin wheat bread -Water	None	None	None
Lunch	-Chili corned beef Sandwich -water	-White rice, tocino, egg -Water	-White rice, pork -Water	-White rice, pork -Water	-White rice, shrimp -Water	-White rice, pork humba with banana -Water	-2waffles, fries, water
Mid Afternoon	None	-peanuts -water	-candy	-Raisin wheat bread, cheesestick, cookies -Water	-cupcakes, raisin wheat bread -Water	-raisin wheat bread -water	None
Dinner	-white rice, sinigang na hipon and manok, gising2 -camote fries -water, milk tea	-white rice, potato salad, fish fillet, pork chop, chicken adobao, lechon, Asian coleslaw -pakwan, pineapple, cake, cupcake -iced tea, water	-white rice, tinolang isda, chicharon -apple -water	-shawarma wraps, chicharoom -apple -water	-white rice, fried fish -banana		-white rice, linat-ang baboy -water -yogurt
Activity						AM - 20 minute workout at home	

Week 4

Use this diary to record what you have to eat and drink every day. Don't forget a balanced diet is best and aim to get your 5 a day of fruit and vegetables.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	-Strawberry banana pineapple yogurt smoothie -Water	-Strawberry banana pineapple yogurt soy smoothie -Water	-granola with soy milk -water	-Strawberry banana pineapple soy smoothie -Water	-Strawberry banana pineapple soy smoothie -Water	-None	None
Snack	-Biko -Water	None	None	None	None	-None	None
Lunch	-White rice, pancit, pork -Water	-white rice, mixed veggies -water	-white rice, pork menudo -water	-white rice, mixed veggies, shrimp -water -banana	-white rice, ngohiong, pork barbecue, -iced tea, water	-white rice, pork and string beans -water	-white rice, pork sinigang -water
Mid Afternoon	-tortilla chips with cheese salsa -water	-trail mix -water	-trail mix -water	-trail mix -water	-nachos, chicken burrito -water	-popcorn, turon, turks shawarma -water	-Hotdog bun -water
Dinner	-fried rice, pork, fried wonton, chopseuy, lechon kawali, birds nest -iced tea, water	-white rice, Caesar salad with grilled chicken, ribs, -water -scoop of ice cream	-white rice, pork menudo -water -banana	-white rice, fried fish, mixed veggies -water	-white rice, pork humba -water	-white rice, fried fish -water	-pizza -a little coke -water
Activity				AM - 20 minute workout at home	AM – 20 minute workout at home PM – ping pong game		

Week 5

Use this diary to record what you have to eat and drink every day. Don't forget a balanced diet is best and aim to get your 5 a day of fruit and vegetables.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	-pizza -puto -water	-Strawberry banana pineapple yogurt soy smoothie -Water	-mixed nuts -soy -water				
Snack	-None	-None	-None				
Lunch	-white rice, sisig -water	-white rice, chicken -water -macaroni salad	-white rice, pancit, chicken -water				
Mid Afternoon	None	None	-Tuna Palaman -Gatorade -Popcorn				
Dinner	-white rice, pancit canton with quail eggs -water -macaroni salad	-white rice, tinolang isda -water -macaroni salad	-white rice, fried fish, pancit canton -water				
Activity							