

MY FOOD DIARY

Feb 4th - Feb 10th : Food Diary

Monday	Consumptions	Notes
Breakfast	1/2c Greek yogurt, 1tb chia seeds, 1 granola bar, 1 orange, coffee	
Lunch		
Dinner	1 maple djon chicken thigh, 1 side couscous, 1 side green beans	
Snacks		
Beverages		
My Weight		

Tuesday	Consumptions	Notes
Breakfast	1 pkt oatmeal, 1/2c milk, 1 cutie, 1 apple, coffee	
Lunch		
Dinner	1 flounder filet, 1 side rice pilaf, 1 side mixed veggies	
Snacks		
Beverages		
My Weight		

Wednesday	Consumptions	Notes
Breakfast	1/2c Greek yogurt, 1tb chia seeds, 1 granola bar, 1 cutie, coffee	
Lunch		
Dinner	2 balsamic glazed drumsticks, 1 side white rice, 1 side sweet corn	
Snacks		
Beverages		