

	Foods You Ate (Include the amounts you ate)	Dairy Milk, Cheese, Yogurt	Vegetables Tomatoes, Carrots, Salad	Fruit Orange, Apple, Kiwi	Grains Bread, Pasta, Tortilla, Rice	Protein Meat, Beans, Nuts	Empty Calories Bacon, Jam, Fries Soft drinks
	Example: <i>soup with beans, pasta with parmesan, small bag chips</i>	x	x	-	x	x	x
Breakfast	Sandwich, egg, cheese, tea	cheese				eggs	Sandwich, tea
Snack	Apple, cola			apple			
Lunch							
Snack							
Dinner							