

| | 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: soup with beans, pasta with parmesan, small bag chips | x | x | - | x | x | x |
| Breakfast | Sandwich, egg, cheese, tea | cheese | | | | eggs | Sandwich, tea |
| Snack | Apple, cola | | | apple | | | |
| Lunch | | | | | | | |
| Snack | | | | | | | |
| Dinner | | | | | | | |