

Food Log Day #1		**Include meals and snacks as complete & detailed as possible.
Date: <input type="text"/>		
Meal/Snack Time of day	Food/ Beverage	Notes (feelings, hunger etc.)
<i>Sample- Breakfast 8:30a.m.</i>	<i>Coffee, eggs, spinach and avocado</i>	<i>Felt full, but started feeling bloated</i>

Food Log Day #2		**Include meals and snacks as complete & detailed as possible.
Date: <input type="text"/>		
Meal/Snack Time of day	Food/ Beverage	Notes (feelings, hunger etc.)
<i>Sample- Breakfast 8:30a.m.</i>	<i>Coffee, eggs, spinach and avocado</i>	<i>Felt full, but started feeling bloated</i>