

Weekly Food Diary

Food Group	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		TOTAL 5-DAY SERVINGS
BREAKFAST	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	BREAKFAST
Grains											
Vegetables											
Fruit											
Milk Products											
Meat & Alt											
Other Foods											
LUNCH	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	LUNCH
Grains											
Vegetables											
Fruit											
Milk Products											
Meat & Alt											
Other Foods											
DINNER	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	DINNER
Grains											
Vegetables											
Fruit											
Milk Products											
Meat & Alt											
Other Foods											
SNACKS	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	SNACKS
Grains											
Vegetables											
Fruit											
Milk Products											
Meat & Alt											
Other Foods											

Food Diary Template Excel Slimming World

Nicola Brown

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