

FOOD AND DRINK RECORD

WEEK COMMENCING:

PHOTOCOPY THESE PAGES AND
USE THROUGHOUT THE YEAR

MONDAY	Food and drink	How much?	CHO (g)	Protein (g)	Fat (g)
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					
TOTAL					

TUESDAY	Food and drink	How much?	CHO (g)	Protein (g)	Fat (g)
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					
TOTAL					

WEDNESDAY	Food and drink	How much?	CHO (g)	Protein (g)	Fat (g)
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					
TOTAL					

THURSDAY	Food and drink	How much?	CHO (g)	Protein (g)	Fat (g)
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					
TOTAL					

FRIDAY	Food and drink	How much?	CHO (g)	Protein (g)	Fat (g)
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					
TOTAL					

SATURDAY	Food and drink	How much?	CHO (g)	Protein (g)	Fat (g)
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					
TOTAL					

SUNDAY	Food and drink	How much?	CHO (g)	Protein (g)	Fat (g)
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					
TOTAL					



NOTES