

Food Diary

Date: 01-01-2013

Goals: Weight - 80kgs Waist - 80 cm

Food:

Time	Food Description	Portion	Mood	Thoughts
6.30am	Natural Muesli w/Milk	1 bowl	Good	Very satisfied
	Apple Juice	1 glass	"	"
9.00am	Water	1 glass	-	-
10.30am	Yoghurt	250ml	Happy	Feeling healthy
	Chocolate Biscuits	2	Very Happy	Didn't need these.
	Cup of tea	1 cup	"	-
11.15am	Water	1 glass	-	-
12.30pm	Turkey/Salad Sandwich	1	Flat	Tasted Great
	Diet Coke	1 can	"	Needed a sugar fix
1.30pm	Water	1 glass	-	-
2.30pm	Mandarin	1	Good	-
6.00pm	Grilled Chicken breast	1 small	Tired	-
	Mixed vegetables	1 cup	"	-
	Bread	1 slice	"	Didn't need this
	Wine	2 glasses	"	Nice drop!
9.00pm	Hot Chocolate	1 cup	Good	This'll help me sleep

Daily Food Journal Sample

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Daily Food Journal Sample:

The Enigmatic Realm of **Daily Food Journal Sample**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Daily Food Journal Sample** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those who partake in its reading experience.

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