

	<b>Intake Day 1 (Record all food and beverage)</b>	<b>Example</b> ↓
<b>Time:</b> <b>Meal:</b> <i>(include quantities)</i>		8am 1 whole wheat English muffin 1 scrambled egg with ¼ tomato cooked with Pam spray 2 small tangerines 1, 12 oz cup of coffee with 2 sugar packets and 4 creamers
<b>Time:</b> <b>Snack:</b> <i>(include quantities)</i>		10am Fat free Greek yogurt-plain-6oz 2, 8oz cups of water
<b>Time:</b> <b>Meal:</b> <i>(include quantities)</i>		1pm 8" flour tortilla with ¼ cup reduced fat cheddar cheese, ½ cup black beans, ¼ cup salsa, ¼ large avocado, 2 tbsp light sour cream ¾ cup blueberry 12 oz unsweetened ice tea
<b>Time:</b> <b>Snack:</b> <i>(include quantities)</i>		4pm 10 almonds Tangerine 12 oz of sparkling water
<b>Time:</b> <b>Meal:</b> <i>(include quantities)</i>		7pm 2 cups salad greens (mesclun mix) 2 Tbsp blue cheese dressing ~2 cups pasta primavera with shrimp (1 cup pasta, ½ cup veggie, ½ cup shrimp) ½ cup mango sorbet with 2 Tbsp whip cream 12 oz club soda
<b>Time:</b> <b>Snack:</b> <i>(include quantities)</i>		930 pm 8 oz water ½ apple
<b>Exercise (describe all physical activity here)</b>		530-630pm 1 hour elliptical the machine said I burned 400 calories

	<b>Intake Day 2</b> <b>(Record all food and beverage)</b>	<b>This area is for your notes and comments</b> ↓
<b>Time:</b> <b>Meal:</b> <i>(include quantities)</i>		
<b>Time:</b> <b>Snack:</b> <i>(include quantities)</i>		
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<b>Time:</b> <b>Meal:</b> <i>(include quantities)</i>		
<b>Time:</b> <b>Snack:</b> <i>(include quantities)</i>		
<b>Exercise</b> <b>(describe all physical activity here)</b>		

	<b>Intake Day 3</b> <b>(Record all food and beverage)</b>	<b>This area is for Dietitian's use only</b> ↓
<b>Time</b> <b>Meal:</b> <i>(include quantities)</i>		
<b>Time:</b> <b>Snack:</b> <i>(include quantities)</i>		
<b>Time:</b> <b>Meal:</b> <i>(include quantities)</i>		
<b>Time:</b> <b>Snack:</b> <i>(include quantities)</i>		
<b>Time:</b> <b>Meal:</b> <i>(include quantities)</i>		
<b>Time:</b> <b>Snack:</b> <i>(include quantities)</i>		
<b>Exercise</b> <b>(describe all physical activity here)</b>		