



LIFESTYLE WEIGHT MANAGEMENT

Sample Daily Food Diary

Time you woke up: 7 a.m.

DATE: September 1, 2005

Time you went to bed: 11 p.m.

Please list brand names, ingredients and portions of each food you ate today.

Time	Foods/Beverages/Ingredients	Portion size's	Est. calories	Feel full?
7:00	water	8 oz	0	n/a
7:10	Oceanspray cran-raspberry juice	1 cup	?	n/a
7:15	Quaker cinnamon raisen oatmeal with h2o	2 packet	320	ok
	medium size banana	1	?	
	coffee , 1 t sugar, 2 T nonfat creamer	8 oz	?	
10:00	Cliff Bar - Real Berry	1	280	n/a
11:30	sourdough bread (thin sliced)	2 slices	?	yes
	tuna salad (2 oz tuna, 2 T kraft lowfat miracle whip)	1/2 cup	?	
	tomatoes (med size)	2 slices	?	
	romaine lettuce	2 leafs	?	
	Lays baked potato chips	2 oz bag	?	
1:00	Roasted peanuts	2 oz bag	150	no
	water	8 oz	0	
6:00	merlot wine	6 oz	?	:)
	Anthony's spaghetti - rotini noodles	2 cups	400	yes
	Classico Spicy Bell Pepper spaghetti sauce	1/2 cup	80	
	San Luis Sausage Co Pesto Chicken	1 link	160	
	Trader Joe's Garlic & Cheese stick	1	120	
	romaine lettuce	1 cup	?	
	mushrooms	3	?	
	tomatoes - chopped	1/4 Cup?	?	
	kraft fat free sour cream & onion ranch	2 T?	50	
7:30	Healthy Choice Rocky Road icecream	1 cup	280	no

Describe your activities time spent on each for the day:

office work 8 - 5, 1 hour running errands, 20 min on stationary bike level 2 at 20 miles an hour, t.v. 9-11pm