

Food Diary

Name: _____ Dates: _____

Example	Day 1	Day 2	Day 3
Meal/snack - B'fast Time: 7am 1 ½ WeetBix ½ cup Full cream milk 3 strawberries	Meal/snack Time:	Meal/snack Time:	Meal/snack Time:
Meal/snack - MT Time: 9:30 am 2 Cruskits 2tsp Margarine 150ml pouch vanilla yoghurt (full fat)	Meal/snack Time:	Meal/snack Time:	Meal/snack Time:
Meal/snack - Lunch Time: 1pm Leftovers – ½ pork sausage, 2 Tbsp brown rice, 1sl grain bread with 1tsp marg, 2tsp tomato sauce 1 x Lge choc chip biscuit	Meal/snack Time:	Meal/snack Time:	Meal/snack Time:
Meal/snack - AT Time: 4:30pm ½ banana, 5 plain rice crackers, homemade DF pikelet with 1tsp margarine & 1tsp jam	Meal/snack Time:	Meal/snack Time:	Meal/snack Time:
Meal/snack - Dinner Time: 7pm ¾ cup Bolognese mince with ½ cup cooked pasta. 2 cherry tomatoes, 3 green olives 1 cucumber ring +mini choc muffin	Meal/snack Time:	Meal/snack Time:	Meal/snack Time:
Meal/snack Time: 8pm No dessert/supper food 240mls Stage 2 formula	Meal/snack Time:	Meal/snack Time:	Meal/snack Time:
Total Water 450ml water bottle x 1.5 = ~700mls	Water	Water	Water



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