## Food Diary

Time	Food item	Amount	How prepared
Example #1 7:30am	oatmeal	½ cup	made with whole milk, added 1 tbsp sugar
	whole milk	1/4 cup	
Example #2 10am	Snicker bar	1 regular size	
Example #3 12noon	turkey sandwhich on whole wheat	1 whole	1tbsp mayo, 1 slice cheddar cheese, 1 slice tomatoe
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