## Food Journal

My Food and Beverage Journal Date/s: April 10-16, 2023

Instructions: Fill out this journal daily, recording each meal and snack you consume. Be sure to include portion sizes, specific food items, and any beverages. This will help you monitor your daily intake and make adjustments as needed. Review your entries at the end of the week to identify patterns and areas for improvement.

| Day | Meal | Time | Food \& Beverage | Portion Size | Notes |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Monday | Breakfast | 7:30 AM | Scrambled eggs, whole wheat toast | 2 eggs, 2 slices | Added spinach to eggs |
|  | Snack | 10:30 AM | Apple, almonds | $1 \mathrm{apple}, 1 \mathrm{oz}$. of almonds |  |
|  | Lunch | 1:00 PM | Turkey sandwich, mixed green salad | 1 sandwich, 1 cup salad | Used mustard instead of mayo |
|  | Snack | 3:30 PM | Greek yogurt, blueberries | 6 oz, 1/2 cup |  |
|  | Dinner | 7:00 PM | Grilled chicken, quinoa, steamed brocolli | 4 oz, 1 cup, 1 cup | Marinated chicken in lemon and herbs |
|  | Snack | 9:00 PM | Air-popped corn | 2 cups |  |
| Tuesday | Breakfast | 7:30 AM | Overnight oats, green smoothie | 1 cup, 12 oz | Oats had chia seeds and berries |
|  | Snack | 10:30 AM | Rice cakes, peanut butter | 2 cakes, 1 tbsp |  |
|  | Lunch | 1:00 PM | Tofu stir-fry with brown rice | $11 / 2$ cups | Added bell peppers, carrots, and onions |
|  | Snack | 3:30 PM | Baby carrots, hummus | 1 cup, 2 tbsp |  |
|  | Dinner | 7:00 PM | Baked salmon, roasted sweet potato, green beans | $4 \mathrm{oz}, 1$ potato, 1 cup |  |
|  | Snack | 9:00 PM | Dark chocolate | 1 Oz |  |
| Wednesday | Breakfast | 7:30 AM | Smoothie bowl | 1 bowl | Almond milk, granola, banana, mixed berries |
|  | Snack | 10:30 AM | Trail mix | 1/4 cup | Nuts, seeds, raisins |
|  | Lunch | 1:00 PM | Chicken salad wrap, side salad | 1 wrap, 1 cup | Used whole wheat tortilla |
|  | Snack | 3:30 PM | Cottage cheese, pineapple | 1/2 cup, 1/2 cup |  |
|  | Dinner | 7:00 PM | Turkey taco bowls | 1 bowl | Ground turkey, corn, salsa, avocado |
|  | Snack | 9:00 PM | Fruit salad | 1 cup |  |
| Thursday | Breakfast | 7:30 AM | Veggie omelette, whole grain toast | 3 egg whites, 2 slices | Tomatoes, mushrooms, onions |
|  | Snack | 10:30 AM | Granola bar, orange | 1 bar, 1 orange |  |
|  | Lunch | 1:00 PM | Spinach salad, grilled shrimp | 2 cups, 4 oz | Added strawberries and almonds |
|  | Snack | 3:30 PM | Edamame | 1 cup |  |
|  | Dinner | 7:00 PM | Turkey meatballs, whole wheat pasta, marinara sauce | 4 oz, 1 cup, 1/2 cup | Baked meatballs, added veggies to sauce |
|  | Snack | 9:00 PM | Greek yogurt, honey, walnuts | $6 \mathrm{oz}, 1 \mathrm{tbsp}, 1 \mathrm{oz}$ |  |
| Friday | Breakfast | 7:30 AM | Chia seed pudding, mixed berries | 1 cup, 1/2 cup | Made with almond milk, topped with honey |
|  | Snack | 10:30 AM | Celery sticks, almond butter | 4 sticks, 1 tbsp |  |
|  | Lunch | 1:00 PM | Sushi rolls, miso soup | 8 pieces, 1 cup | California roll, salmon avocado roll |
|  | Snack | 3:30 PM | Cheese and whole grain crackers | 1 oz, 5 crackers |  |
|  | Dinner | 7:00 PM | Veggie burger, sweet potato fries | 1 patty, 1 cup | Used lettuce wrap instead of bun |
|  | Snack | 9:00 PM | Frozen yogurt, mixed fruit | 1/2 cup, 1/2 cup |  |


| Day | Meal | Time | Food \& Beverage | Portion Size | Notes |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Saturday | Breakfast | 9:00 AM | Pancakes, turkey bacon | 2 pancakes, 3 slices | Whole wheat pancakes, sugar-fiee syrup |
|  | Snack | 12:00 PM | Mixed nuts | 1 oz |  |
|  | Lunch | 2:30 PM | Caprese salad, whole grain baguette | 1 cup, 1/2 baguette | Fresh basil, mozzarella, tomatoes |
|  | Snack | 5:00 PM | Sliced cucumber, tzatziki sauce | 1 cup, 2 tbsp |  |
|  | Dinner | 8:00 PM | Grilled steak, baked potato, asparagus | $4 \mathrm{oz}, 1$ potato, 1 cup | Used olive oil and herts on asparagus |
|  | Snack | 10:00 PM | Rice pudding | 1/2 cup |  |
| Sunday | Breakfast | 8:30 AM | Avocado toast, poached egg | 2 slices, 1 egg | Whole grain brea, sea satt, pepper |
|  | Snack | 11:00 AM | Fruit smoothie | 12 oz | Spinach, mango, pineapple, coconut water |
|  | Lunch | 1:30 PM | Quinoa and black bean salad | 1 1/2 cups | Avocado, corn, cilanto, lime dressing |
|  | Snack | 4:00 PM | Sliced bell peppers, guacamole | 1 cup, 2 tbsp |  |
|  | Dinner | 7:00 PM | Baked chicken, roasted Brussels sprouts, wild rice | 4 oz, 1 cup, 1 cup | Seasoned chicken with gatic and rosemary |
|  | Snack | 9:00 PM | Herbal tea, oatmeal cookies | 1 cup, 2 cookies | Decaf tea, homemade cookies with rasins |

Additional Notes

