Food Log

Name: Liliana Braun

Date & Time	Food or Beverage	Quantity	Calories	Extra Notes
13/11/23 8am	Wholegrain toast Eggs Water	2 2 1	164 156 0	
10am	Banana Coffee	1 1	89 150	
12:30pm	Salad wrap with chicken Water	1 1	548 0	
3pm	Chocolate chip cookie Water	1 1	63 0	
6:30pm	Sausages Potato Salad	2 3 1 serving	372 300 200	
9pm	Icecream	1	207	Need to remember to drink more water during the day
				Felt well fueled throughout the day.