

# Weekly Food Diary

Food Group	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		TOTAL 5-DAY SERVINGS
<b>BREAKFAST</b>	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	<b>BREAKFAST</b>
Grains											
Vegetables											
Fruit											
Milk Products											
Meat & Alt											
Other Foods											
<b>LUNCH</b>	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	<b>LUNCH</b>
Grains											
Vegetables											
Fruit											
Milk Products											
Meat & Alt											
Other Foods											
<b>DINNER</b>	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	<b>DINNER</b>
Grains											
Vegetables											
Fruit											
Milk Products											
Meat & Alt											
Other Foods											
<b>SNACKS</b>	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	<b>SNACKS</b>
Grains											
Vegetables											
Fruit											
Milk Products											
Meat & Alt											
Other Foods											

# Food Diary Template Excel Slimming World

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