



Food Diary

Date:

Body weight (kg):

Meal Type	Time	Description of Food or Drink Item	Amount	Measure
breakfast	7:00	Coles skim milk	250	mL
breakfast	7:00	Sanitarium Weet Bix	3	piece
breakfast	7:00	Capilano honey	1	teaspoon
breakfast	7:00	Jamaican blue coffee	1	cup
breakfast	7:00	White sugar	1	teaspoon
breakfast	7:00	Cenovis Women's Health multivitamin	1	tablet
breakfast	7:00	Nutralife fish oil 1000mg	2	capsule
morning tea	10:20	Banana	1 (small)	whole
lunch	1:10	Chicken Pad Thai	1	serving
lunch	1:10	Coke Zero	1	can
afternoon tea	4:30	Blueberry Muffin	3/4	whole
pre-workout	6:00	BNS NO Explode	1	serving
during workout	6:00-7:00	Powerade	1	bottle
post-workout	7:05	BSc Nitrovol	3	scoop
dinner	8:00	Garlic bread	2	piece
dinner	8:00	Rump steak	300	gram
dinner	8:00	Mushroom sauce	1	serving

