

# Three Day Diet Diary



Name: ..... Date: .....

[www.granellispinalhealthclinic.com](http://www.granellispinalhealthclinic.com)

Diet Diary Day One	Please list all food, fluids, and note any added sugar or sweeteners
Breakfast	
Mid morning	
Lunch	
Mid afternoon	
Dinner	
Evening	
Alcohol (wine, beer, spirits)	

Diet Diary Day Two	Please list all food, fluids, and note any added sugar or sweeteners
Breakfast	
Mid morning	
Lunch	
Mid afternoon	
Dinner	
Evening	
Alcohol (wine, beer, spirits)	

Diet Diary Day Three	Please list all food, fluids, and note any added sugar or sweeteners
Breakfast	
Mid morning	
Lunch	
Mid afternoon	
Dinner	
Evening	
Alcohol (wine, beer, spirits)	

