

Daily Food Intake Planner/Log




Date: 25/10/1904

Name: Santa Claus

Target Intake					
Breakfast	Morning Tea	Lunch	Afternoon Tea	Dinner	Snacks
Time 7:45	Time 10:40	Time 12:30	Time 3:00	Time 6:00	Time 11:00
2 X toast with butter and jam 1X coffee + 1X sugar	1 X large chocolate biscuit	1 X filled roll (1Xham, lettuce, tomato and 1Xmayo) 1 X coffee + 1Xsugar	1X muesli bar (with yogurt topping)	2 X sausage 1Xmedium potato 1Xsteamed carrot	1X small fruit mince pie Time 4:30 1X small lollypop

Actual Intake					
Breakfast	Morning Tea	Lunch	Afternoon Tea	Dinner	Snacks
Time 7:45	Time 10:40	Time 12:30	Time 3:00	Time 6:00	Time 11:00
4 X toast with butter and jam 1X coffee + 1X sugar 1Xlarge orange juice	6 X large chocolate biscuit	2 X filled roll 1 X tea 1Xsmall mince pie	1X muesli bar (with yogurt topping)	2 X sausage 1Xmedium potato 1Xsteamed carrot 1X small gravy	1X small fruit mince pie Time 4:30 1X small lollypop



 Phone: 021 708 642
 Email: desra@unwind.co.nz
 Web: www.unwind.co.nz