

DAY	FOOD ITEM	AMOUNT	REASON	EST COST
3/23	White rice	1 cup	Cooked too much	
3/24	Cooked salmon	3 ounces	Tasted fishy, didn't like recipe	
3/30	Cereal and milk	½ cup	Too large of a portion - wasn't hungry today	
3/30	Leftover fries	grapefruit	Took them home but they didn't crisp up. Overordered	

REASONS: bought too much / didn't cook as planned / didn't know how to cook / weekly plans changed / didn't store properly
 Had to buy too much (prepacked) / didn't cook as much as planned (take out) / didn't feel like eating / didn't like

DAY	FOOD ITEM	AMOUNT	REASON	EST COST

REASONS: bought too much / didn't cook as planned / didn't know how to cook / weekly plans changed / didn't store properly
 Had to buy too much (prepacked) / didn't cook as much as planned (take out) / didn't feel like eating / didn't like