Daily Food Intake Log	

Name	,

]	Day 1	2 3	(circle day)	

FOOD	AMOUNT / SERVING SIZE	MEAL BR/LN/DN or Snack
Oatmeal (Quaker)	1 cup	Breakfast
Milk	1 cup	
Blueberries	1 cup	
Coffee	1 cup	
Creamer	2 TBSP	