My food diary:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day**  | **Breakfast** | **Lunch** | **Tea** | **Snacks** |
| **Tuesday** |  |  |  |  |
| **Friday** |  |  |  |  |
| **Saturday** |  |  |  |  |
| **Sunday** |  |  |  |  |