BrittniCastillo

Personal Trainer-Womens weightloss-Nutrition

# 3 Day food log

**Please fill out with honesty and include any and all daily food habits**

| | Food Item (include brand name) | Quantity (tablespoon, teaspoon, cups) | Time of Day (any additional notes) |
|---|---|---|---|
| Breakfast- | | | |
| Lunch- | | | |
| Dinner- | | | |
| Snacks- | | | |
| Water in oz.- | | | |

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