

**Day 1**

**Date:**

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<b>Time of Day</b>	<b>Food Item</b>	<b>Amount Eaten</b>	<b>Method of Preparation</b>
<b>Breakfast</b>			
<b>AM Snack</b>			
<b>Lunch</b>			
<b>PM Snack</b>			
<b>Dinner</b>			
<b>PM Snack</b>			

**Day 2**

**Date:**

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<b>Time of Day</b>	<b>Food Item</b>	<b>Amount Eaten</b>	<b>Method of Preparation</b>
<b>Breakfast</b>			
<b>AM Snack</b>			
<b>Lunch</b>			
<b>PM Snack</b>			
<b>Dinner</b>			
<b>PM Snack</b>			

**Day 3**

**Date:**

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<b>Time of Day</b>	<b>Food Item</b>	<b>Amount Eaten</b>	<b>Method of Preparation</b>
<b>Breakfast</b>			
<b>AM Snack</b>			
<b>Lunch</b>			
<b>PM Snack</b>			
<b>Dinner</b>			
<b>PM Snack</b>			