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Sharon Saka Associates, Inc. Nutritionists

YOUR DAILY FOOD DIARY

© Sharon Saka Associates, Inc.

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Name: _____

| Meal | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|--------|---------|-----------|----------|--------|----------|--------|
| Breakfast | | | | | | | |
| Snack | | | | | | | |
| Lunch | | | | | | | |
| Snack | | | | | | | |
| Dinner | | | | | | | |
| Snack | | | | | | | |