## Food Journal Template

Patient's Name: Bartholomew Anderson
Date of Birth: January 27, 1994
Gender: Male
Referring Physician: Valentine Alexander
Reminders and/or Additional Notes:
Please add under "Time and Place", people who you ate with.
Then, in the last column under "Food and Portion", please describe your satisfaction level.

## Food Journal

Date: Novmber 19, 2023

|  | Time and Place | Food and Portion (if needed) |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- |
| Breakfast | 7:00 AM, Home | One banana | Two fried eggs | Two whole <br> wheat toast <br> with avnnarn | Somewhat <br> satisfied |
| Lunch | 12:00 NN, Home | 6 ounces <br> grilled chicken <br> hreact | 1 cup quinoa | Large salad | Somewhat <br> satisfied |
| Dinner | 7:00 PM, Home <br> With Family | Turkey <br> sandwich | 2 squares of <br> dark chocolate |  | Very satisfied |
| Snacks | $3: 00$ PM, Home | 1 cup Greek <br> yogurt with <br> hnnov frnitc |  |  | Somewhat <br> satisfied |

Date: November 20, 2023

|  | Time and Place | Food and Portion (if needed) |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Breakfast | 6:30 AM, Home | 1 cup milk with 1 cup of cereal | 1 orange |  | Satisfied |
| Lunch | 11:15 AM, Nearby brunch spot with friande | 2 Waffles | 2 Strips of Bacon with 1 Friad Fno | 116 oz. green smoothie | Very satisfied |
| Dinner | 8:00 PM, Home | 1 Falafel Sandwich | 1 dark chocolate momarad dato |  | Very satisfied |
| Snacks | 2:45 PM and 5:45 PM, Home | 1 apple | 1 cup of trail mix |  | Satisfied |

## Date:

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| :--- | :--- | :--- | :--- | :--- | :--- |
| Breakfast |  |  |  |  |  |
| Lunch |  |  |  |  |  |
| Dinner |  |  |  |  |  |
| Snacks |  |  |  |  |  |
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|  | Time and Place | Food and Portion (if needed) |  |  |  |
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| Breakfast |  |  |  |  |  |
| Lunch |  |  |  |  |  |
| Dinner |  |  |  |  |  |
| Snacks |  |  |  |  |  |
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|  | Time and Place | Food and Portion (if needed) |  |  |  |
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| Breakfast |  |  |  |  |  |
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| Breakfast |  |  |  |  |  |
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| Snacks |  |  |  |  |  |
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