

Food Diary

Name : Example food on reset diet Date:

	Food and drink					
	Breakfast	Snack	Lunch	Snack	Dinner	Extra
Mon	Poached Egg on rocket with balsamic vinegar, olive oil, herbs and black pepper	Apple and pumpkin seeds	Chicken salad, and sweet potato	Corn on the cob	Grilled Tuna steak, and stir-fry vegetables	Natural yogurt and blueberries
Tue	Natural yoghurt, banana and almonds	Sliced orange	Omelette with mashed potato and broccoli	Celery and Carrot sticks	Tomato, herb and garlic relish. Grilled Chicken breast with Corn on the cob	
Wed	Grapefruit and natural yoghurt	Sliced Peppers and cucumber	Salmon, brown rice and salad	Sunflower seeds	Steamed Vegetables and Salmon with a yogurt and herb source	Sliced mango
Thu	Smoked Mackerel and grilled tomato	Walnuts and apple slices	Jacket potato, homemade relish, and grilled turkey breast	Plum tomatoes	Ostrich steak, asparagus and corn on the cob with an olive oil dressing.	
Fri	Natural yoghurt, Strawberries and hazelnuts	Mange tout	Tuna salad and buckwheat	Olives	Olive and tomato omelet, with a side salad	
Sat	Porridge oats and blueberries	Grapes	Grilled salmon with buckwheat and salmon	Carrot & cucumber sticks	Turkey stir-fry	Sliced Orange
Sun	Grapefruit and natural yoghurt	Walnuts and pumpkin seeds	Roast chicken, Vegetables and potatoes	Sliced mango & yogurt	Chicken Curry with steamed vedge	