

# Sample Sheet Healthy Eating Food Journal

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Chocolate cereal with milk	Toast and jam	Rice cereal with milk and sugar	Toast and chocolate spread	Cornflakes with milk	Eggs on toast	Chocolate cereal with milk
<b>Lunch</b>	Jam sandwich with a chocolate biscuit and a yoghurt	Chocolate spread roll with a cupcake and crisps	Cheese sandwich with an apple and jelly	Chicken sandwich with an orange and biscuits	Cheese pastry with cake and a yoghurt	Chicken soup with bread and butter	Sausage sandwich with ketchup
<b>Dinner</b>	Chicken, mashed potato and peas	Beef curry with rice and chapatti	Cheese pizza and garlic bread	Meatballs in tomato sauce with pasta	Fish fingers, chips and beans	Fish and chips	Roast beef with potatoes and gravy
<b>Snacks</b>	Banana Rice cake	Yoghurt Orange	Crisps Ice cream	Yogurt Cake	Crisps Apple Sweets	Popcorn Yogurt	Apple pie with custard Banana
<b>Drinks</b>	Milk Squash Water	Orange juice Milk Water	Squash Fizzy pop Water	Apple juice Milk Water	Squash Water	Fizzy pop Milk Water	Milk Hot chocolate Water