

Food Diary Name:

Date:

	Breakfast	Snack	Lunch	Snack	Evening Meal	Snack
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Weight loss tips

Make your shopping list in advance and we all know, **don't shop when you are hungry!**

Print this document out, fill it in and keep it for your records as you may need to present it to your Genesis trainer.