

# Healthy Living Guide

## 4 Week Plan - 2 Day Food Diary

### Week 1

	Breakfast	Snack	Lunch	Snack	Dinner
Day 1 – Food					
Day 1 – Drinks					
Day 2 – Food					
Day 2 – Drinks					

**Week 2**

	Breakfast	Snack	Lunch	Snack	Dinner
Day 1 – Food					
Day 1 – Drinks					
Day 2 – Food					
Day 2 – Drinks					

**Week 3**

	Breakfast	Snack	Lunch	Snack	Dinner
Day 1 – Food					
Day 1 – Drinks					
Day 2 – Food					
Day 2 – Drinks					

**Week 4**

	Breakfast	Snack	Lunch	Snack	Dinner
Day 1 – Food					
Day 1 – Drinks					
Day 2 – Food					
Day 2 – Drinks					