

WEIGHT*NO*MORE DIET CENTERSM

NY: Brooklyn 718.998.8898 • Cedarhurst 516.569.6400
 NJ: Oakhurst 732.663.0222 • Marlboro 732.536.2027

DAILY-WEEKLY FOOD DIARY

Date:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B B	B B	B B	B B	B B	B B	B B
S S	S S	S S	S S	S S	S S	S S
L L	L L	L L	L L	L L	L L	L L
S S	S S	S S	S S	S S	S S	S S
D D	D D	D D	D D	D D	D D	D D
S S	S S	S S	S S	S S	S S	S S
P V FR	M G FT	P V FR	M G FT	P V FR	M G FT	P V FR

Please mind your P's: **PLAN** ahead. • **PREPARE** what you need. • **PORTION** control. • **PACE** yourself all day.