

Health Plan of Michigan FOOD DIARY

Write everything you eat and drink for 30 days in a row. Please note, you do not need to include amounts or the time or day that you eat.

Date:
Breakfast:
Lunch:
Dinner:
Snacks:

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Lunch:
Dinner:
Snacks:

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*Xerox this sheet (back to back if possible) to complete the remaining 29 days of a diary