Date	Time	Amount	Type of Food	─Method of prep. (baked, fried, etc.) ─Comments/Brand?
				·

Date	Time	Amount	Type of Food	─Method of prep. (baked, fried, etc.) ─Comments/Brand?
				·

Date	Time	Amount	Type of Food	─Method of prep. (baked, fried, etc.) ─Comments/Brand?
				·