

EXAMPLE

Meal Log

✓ Occasional indulgence in small to moderate amounts of treat foods can satisfy cravings and ward off feelings of deprivation.

MONDAY ✓ Tick if this is your indulgence day <input type="checkbox"/>		THURSDAY ✓ Tick if this is your indulgence day <input type="checkbox"/>	
Breakfast	Oatmeal, low-fat milk, berries. Green tea.	Breakfast	Scrambled eggs with whole-grain toast, fresh orange juice
Snack	A Peach. Mineral water with lemon.	Snack	2 digestive biscuits. coffee
Lunch	Salmon, broccoli, carrots & brown rice. water	Lunch	Pizza & salad. 1 x beer
Snack	3 Digestive biscuits. coffee	Snack	Blueberries & yogurt. Mineral water with lemon
Dinner	Green salad, cheese, whole-grain crackers, cold ham. Glass of Low-alcohol wine	Dinner	Turkey & vegetable stir-fry with brown rice
Snack	Strawberries & yogurt	Snack	-
TUESDAY ✓ Tick if this is your indulgence day <input type="checkbox"/>		FRIDAY ✓ Tick if this is your indulgence day <input type="checkbox"/>	
Breakfast	Whole-grain pancakes with fresh fruit & yogurt	Breakfast	Whole grain toast with fig jam, fresh apple juice & coffee
Snack	2 digestive biscuits. coffee	Snack	cherries & mixed nuts/seeds. Herbal tea
Lunch	Tuna salad sandwich with whole-grain bread	Lunch	Beef stew with root vegetables & whole-grain bread. Mineral water with lemon
Snack	cheese, olives & whole-grain crackers. 1/2 glass of red wine	Snack	Green tea & homemade banana cake
Dinner	Quinoa & black bean salad with mixed greens	Dinner	Grilled chicken salad. Glass of low-alcohol wine
Snack	Bag of chips, salted nuts & beer	Snack	-
WEDNESDAY ✓ Tick if this is your indulgence day <input type="checkbox"/>		SATURDAY Indulgence day? <input checked="" type="checkbox"/>	SUNDAY Indulgence day? <input type="checkbox"/>
Breakfast	Greek yogurt with granola, fresh fruit salad	Breakfast	Whole grain toast, banana, fresh juice
Snack	An apple. cup of tea	Snack	Yogurt & blueberries
Lunch	vegetable lasagna, salad & wholegrain bread	Lunch	Hamburger, fries & coke
Snack	-	Snack	cheese & crackers
Dinner	Baked chicken with sweet potatoes & steamed green beans. Glass of zero-alcohol wine	Dinner	Baked potato, chili & steamed broccoli
Snack	2 squares of dark 70% chocolate	Snack	-
			Yogurt

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