Worked example - a fictional week. Write in your own entries.

Weekly food diary

Week starting: Monday 16 November 2026

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Porridge	Toast, egg	Cereal	Porridge	Toast	Pancakes	Fry-up
Mid-morning	Apple	Coffee		Banana	Coffee		Tea
Lunch	Soup, roll	Sandwich	Jacket potato	Salad, tuna	Pasta salad	Cafe lunch	Roast dinner
Afternoon	Tea, biscuit		Oatcakes	Fruit		Cake	
Dinner	Chilli, rice	Fish pie	Stir fry	Curry	Pizza night	Lasagne	Leftovers
Evening		Toast		Yoghurt		Popcorn	
Drinks	Water, tea	Water, coffee	Water	Water, tea	Water, juice	Water, wine	Water, tea

Notes for the week

Busy Wednesday so lunch was late. Pizza night was at Jo's.