

## Eating Plan Diary (EPD)

<i>DAYS/DATES</i>	<i>Number of Servings</i>
Foods consumed (description)	
<i>BREAKFAST:</i>	
<i>LUNCH:</i>	
<i>DINNER:</i>	
<i>OTHER MEAL:</i>	
<i>ALL SNACKS:</i>	

**NOTES:**

1. Record all foods that you ate during a 24-hour period
2. List the servings from the meat group in ounces.