		day 1	day 2	day 3	day 4	day 5
date						
food						
vegetables	oz					
fruits	oz					
starchy roots (potatoes, cassava)	OZ					
bakery products (bread, etc)	oz					
other cereal products (grains, pasta,	oz					
nuts, beans, and tofu	oz					
dairy						
milk, cream, yogurt, sour cream	oz					
ice cream, other frozen	oz					
cheese, butter	oz					
eggs	#					
meat						
pork (intensive)	oz					
pork (small farm)	oz					
poultry (battery caged)	OZ					
poultry (free range)	oz					
beef (grain fed)	OZ					
beef (pasture fed)	OZ					
fish and shellfish (farmed)	OZ					
fish and shellfish (wild)	OZ					
other	OZ					

sugar (including candy) oz   vegetable oil & fat oz   coffee (6 oz / cup) oz	
coffee (6 oz / cup) oz	
coffee (6 oz / cup) oz	
tea oz	
soda and other prepared oz	
juice oz	
soymilk oz	
water oz	
other	
number of plastic bottles #	
number of aluminum cans #	
other metal cans #	
glass jars #	
what percentage of this day's meals were	
locally grown	
prepared fresh at home	
prepared packaged at home	
dining out fast food	
dining out sit-down	
thrown away uneaten	
composted uneaten	