



RAW Functional Nutrition 3-Day Food Journal

Please list all food and beverages consumed, including water, for each day. Do not change your eating behavior; the purpose of this food record is to analyze your current eating habits. Describe the food or beverage consumed. e.g., milk - what kind? (soy, almond, whole, 2%, or nonfat, etc.); toast - (whole wheat, white, buttered); chicken - (fried, baked, breaded), etc. Record the amount of each food consumed using standard measurements as much as possible, such as 8 ounces, 1/2 cup, 1 teaspoon, etc. If possible, journal for 2 work days and 1 off day.

Day 1

Day 1: Food & Drinks

	Time	Beverages	Food
Breakfast			
Lunch			
Dinner			
Snacks			

Day 2

Day 2: Food & Drinks

	Time	Beverages	Food
Breakfast			
Lunch			
Dinner			
Snacks			

Day 3

Day 3: Food & Drinks

	Time	Beverages	Food
Breakfast			
Lunch			
Dinner			
Snacks			