



THE FRESH LIFE
INTERNAL MAKEOVER
journey



TYPICAL
'DAILY FOOD JOURNEY'



MODULE 2 WORKSHEET 2



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TYPICAL 'DAILY FOOD JOURNEY'

What do you and your family eat/drink each day?

Include mornings, snacks, lunch, afternoon nibbles, dinner, desserts or any other meals you have.

Name		Breakfast / Early morning	Mid Morning Snacks / Drinks	Lunch / Midday	Afternoon Nibbles / Drinks	Dinner / Evening	Dessert / Late Evening
Family Member _____	Food:						
	Drinks:						
Family Member _____	Food:						
	Drinks:						
Family Member _____	Food:						
	Drinks:						





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