



Ryse Gold 3-Day Food Journal

Please list all food and beverages consumed, including water, for each 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 | | | |