



NutriMirror™

Use this handy form to keep track of what you eat for later entry into your NutriMirror™ food log.

Date _____

Breakfast

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Lunch

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Dinner

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Snacks

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Exercise

_____	_____
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