

SHARE THE BENEFIT FOOD AND DRINK DIARY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
What did you eat and drink?							
Estimate the cost of the ingredients							
LUNCH							
What did you eat and drink?							
Estimate the cost of the ingredients							
DINNER							
What did you eat and drink?							
Estimate the cost of the ingredients							
COMMENT FOR THE DAY							
Other items eaten/ drunk today between meals) and their cost							
TOTAL Estimated cost of all today's food and drink (rough guide only)							