	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Food						
Beverage						
Time						
Meal duration						
Setting (at home, eating out, on the go, on your own, with friends)						
Feeling before the meal (very hungry, anxious, relaxed)						
Feeling after the meal (full, still hungry, content, bloated)						
Energy level (energetic, sleepy, tired)						
Bowel movement						
Exercise						
Carbs						
Fats						
Proteins						