

Location: Galileo Research Station							Food Log	
Name				Date Started				
Taylor Anderson				Tuesday 3rd November 2020				
	Meal	Protein	Carbo- hydrates	Fruit and Veg	Fat	Dairy	Liquid	
Time	(type)		(inc sugar)				(type)	(volume)
Day 1	7:30am	Breakfast	Weetabix	Banana		Milk	Tea	250ml
Day 2								
Day 3								
							Total:	