

Name: _____

Date: _____

ECAN Diet Self-Registration



Time

6 - 8

9 - 11

12 - 14

15 - 17

18 - 20

21 - 23

24 - 2

Proteins:

- Red meat
- White meat
- Sausages
- Fish
- Seafood
- Eggs
- Nuts
- Others...

| | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |

Carbohydrates:

- Rice
- Pasta
- Bread
- Cookies
- Biscuits
- Cakes
- Other...

| | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |

Dairy:

- Milk
- Yoghurt
- Cheese
- Creams
- Other...

| | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |

Fats:

- Oil
- Butter
- Margarine
- Others...

| | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |

Vegetables

- Tomato
- Cauliflower
- Avocado
- Lettuce
- Others...

| | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |

Fruts:

- Apple
- Banana
- Pears
- Ogange
- Others...

| | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |

Drinks:

- Tea
- Cocacola
- Fanta
- RedBull
- Sprite
- Whisky
- Rum
- Gin
- Beer
- Other...

| | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |
| S | M | L | S | M | L | S | M | L | S | M | L | S | M | L | S | M | L |

S = small / M= medium / L=large