
Date

Day #

Day of the Week

Food/Beverage

Time:

BREAKFAST	Amount	Calories	Fat (g)	Carbs (g)	Protein (g)			
Totals								

Time:

LUNCH	Amount	Calories	Fat (g)	Carbs (g)	Protein (g)			
Totals								

Time:

DINNER	Amount	Calories	Fat (g)	Carbs (g)	Protein (g)			
Totals								

Time	SNACKS	Amount	Calories	Fat (g)	Carbs (g)	Protein (g)			
	Totals								

M=morning
A=afternoon
E=evening

Today's Grand Totals

Calories	Fat	Carbs
Protein	Fiber	Water (# of 8oz glasses)
# Fruit/Veg	# Dairy	# Meats/Beans
# Grains	# Fish, nuts, veg oils	