

Food Journal Weight Loss

Today's Goals



DATE: / /



MON

TUE

WED

THU

FRI

SAT

SUN

Meal 1

☐ Breakfast ☐ Lunch ☐ Dinner ☐ OMAD / Fasting: _____ HOURS

TIME	ITEMS	CALORIES	NET CARBS	TOTAL CARBS	FIBER	FAT	PROTEIN

Meal 2

☐ Breakfast ☐ Lunch ☐ Dinner ☐ OMAD / Fasting: _____ HOURS

TIME	ITEMS	CALORIES	NET CARBS	TOTAL CARBS	FIBER	FAT	PROTEIN

Meal 3

☐ Breakfast ☐ Lunch ☐ Dinner ☐ OMAD / Fasting: _____ HOURS

TIME	ITEMS	CALORIES	NET CARBS	TOTAL CARBS	FIBER	FAT	PROTEIN

Snacks

TIME	ITEMS	CALORIES	NET CARBS	TOTAL CARBS	FIBER	FAT	PROTEIN



_____ OZ



_____ OZ



KETONE READINGS: _____ AM _____ PM

GLUCOSE READINGS: _____ AM _____ PM