

FitFX Personal Training		DAY:					
EXAMPLE FOOD DIARY		DATE: _/~/_					
	Qty	Food Desc.	Cal	Carb	Pro	Fat	
Meal 1	80 ml	Pomegranate Juice	22	5			
	330ml	Glass of Water					
	100g	Banana	95	23	1	1	
Time	1	Tea	13	1	1	1	
6:30							
M1 Total			130	29	2	2	
Meal 2	30g	Muesli	136	22	2.85	3.6	
	50ml	soya milk	25	1.5	2	1.1	
	100g	Banana	95	23	1	1	
Time	10	Grapes	30	7			
9:00							
M2 Total			286	53.5	5.85	5.7	
Meal 3	200g	Portion Chilli	239	23	14	10.5	
	200g	Portion Rice	260	57	3	0.5	
	330ml	Glass of Water					
Time	50g	Cake (Fat Free)	176	34	5.6	2.7	
12:30							
M3 Total			675	114	22.6	13.7	
Meal 4	1	Tea	13	1	1	1	
	100g	Apple	46	11	1		
	330ml	Glass of Water					
Time	75g	Dates	201	48.7	1.8	0.5	
14:00	330ml	Glass of Water					
M4 Total			260	60.7	3.8	1.5	
Meal 5	330ml	Glass of Water					
	90g	Coley	100		20	1	
	3 tsp	Oil	120			15	
Time	300g	Potatoes	245	57	7		
19:00	85g	Peas	64	16			
	50g	Cake (Fat Free)	176	34	5.6	2.7	
M5 Total			705	107	32.6	18.7	
Meal 5	1	Tea	13	1	1	1	
	10g	Cashew Nuts	57.5	2.6	2.1	4.6	
Time							
21:00							
M6 Total			70.5	3.6	3.1	5.6	
TOTAL			2056	364.2	66.85	41.6	

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M2 Total							
Meal 3							
Time							
12:30							
M3 Total							
Meal 4							
Time							
14:00							
M4 Total							
Meal 5							
Time							
19:00							
M5 Total							
Meal 5							
Time							
21:00							
M6 Total							
TOTAL							

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Meal 2	
Time	
9:00	
M2 Total	
Meal 3	
Time	
12:30	
M3 Total	
Meal 4	
Time	
14:00	
M4 Total	
Meal 5	
Time	
19:00	
M5 Total	
Meal 5	
Time	
21:00	
M6 Total	
TOTAL	

FitFX