

FitFX Personal Training			DAY: _____			
FOOD DIARY			DATE: __/__/__			
	Qty	Food Desc.	Cal	Carb	Pro	Fat
Meal 1	80 ml	Pommegranite Juice	22	5		
	330ml	Glass of Water				
	100g	Banana	95	23	1	1
Time	1	Tea	13	1	1	1
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		
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
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
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	
Meal 5	85g	Peas	64	16		
	50g	Cake (Fat Free)	176	34	5.6	2.7
	M5 Total			705	107	32.6
Meal 5	1	Tea	13	1	1	1
	10g	Cashew Nuts	57.5	2.6	2.1	4.6
Time						
M6 Total			70.5	3.6	3.1	5.6
TOTAL			2056	364.2	66.85	41.6

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Meal 1						
Time	..					
M1 Total						
Meal 2						
Time	..					
M2 Total						
Meal 3						
Time	..					
M3 Total						
Meal 4						
Time	..					
M4 Total						
Meal 5						
Time	..					
M5 Total						
Meal 5						
Time	..					
M6 Total						
TOTAL						