

Daily Food Log

Week of :

SUNDAY

Breakfast _____
 Snack _____
 Lunch _____
 Dinner _____
 Dessert/Other _____

Fat (g)	Carbs (g)	Calories	Notes

Total:

MONDAY

Breakfast _____
 Snack _____
 Lunch _____
 Dinner _____
 Dessert/Other _____

Fat (g)	Carbs (g)	Calories	Notes

Total:

TUESDAY

Breakfast _____
 Snack _____
 Lunch _____
 Dinner _____
 Dessert/Other _____

Fat (g)	Carbs (g)	Calories	Notes

Total:

WEDNESDAY

Breakfast _____
 Snack _____
 Lunch _____
 Dinner _____
 Dessert/Other _____

Fat (g)	Carbs (g)	Calories	Notes

Total:

THURSDAY

Breakfast _____
 Snack _____
 Lunch _____
 Dinner _____
 Dessert/Other _____

Fat (g)	Carbs (g)	Calories	Notes

Total:

FRIDAY

Breakfast _____
 Snack _____
 Lunch _____
 Dinner _____
 Dessert/Other _____

Fat (g)	Carbs (g)	Calories	Notes

Total:

FRIDAY

Breakfast _____
 Snack _____
 Lunch _____
 Dinner _____
 Dessert/Other _____

Fat (g)	Carbs (g)	Calories	Notes

Total: