

## Nutrition Log

Date: \_\_\_\_\_

Breakfast	Time	Calories	Protein	Fat	Sugars	Sodium	Fiber	Carbs
<b>Totals:</b>								
Morning Snack	Time	Calories	Protein	Fat	Sugars	Sodium	Fiber	Carbs
<b>Totals:</b>								
Lunch	Time	Calories	Protein	Fat	Sugars	Sodium	Fiber	Carbs
<b>Totals:</b>								
Afternoon Snack	Time	Calories	Protein	Fat	Sugars	Sodium	Fiber	Carbs
<b>Totals:</b>								
Dinner	Time	Calories	Protein	Fat	Sugars	Sodium	Fiber	Carbs
<b>Totals:</b>								
Evening Snack	Time	Calories	Protein	Fat	Sugars	Sodium	Fiber	Carbs
<b>Totals:</b>								

Daily Intakes: