

# Daily Food Log

SHEKNOWS

Week of: \_\_\_\_\_

|                      | Fat (g) | Carbs (g) | Calories | Notes |
|----------------------|---------|-----------|----------|-------|
| <b>Sunday</b>        |         |           |          |       |
| Breakfast: _____     |         |           |          |       |
| Snack: _____         |         |           |          |       |
| Lunch: _____         |         |           |          |       |
| Snack: _____         |         |           |          |       |
| Dinner: _____        |         |           |          |       |
| Dessert/Other: _____ |         |           |          |       |
|                      |         |           |          |       |
| <b>Total:</b>        |         |           |          |       |
| <b>Monday</b>        |         |           |          |       |
| Breakfast: _____     |         |           |          |       |
| Snack: _____         |         |           |          |       |
| Lunch: _____         |         |           |          |       |
| Snack: _____         |         |           |          |       |
| Dinner: _____        |         |           |          |       |
| Dessert/Other: _____ |         |           |          |       |
|                      |         |           |          |       |
| <b>Total:</b>        |         |           |          |       |
| <b>Tuesday</b>       |         |           |          |       |
| Breakfast: _____     |         |           |          |       |
| Snack: _____         |         |           |          |       |
| Lunch: _____         |         |           |          |       |
| Snack: _____         |         |           |          |       |
| Dinner: _____        |         |           |          |       |
| Dessert/Other: _____ |         |           |          |       |
|                      |         |           |          |       |
| <b>Total:</b>        |         |           |          |       |
| <b>Wednesday</b>     |         |           |          |       |
| Breakfast: _____     |         |           |          |       |
| Snack: _____         |         |           |          |       |
| Lunch: _____         |         |           |          |       |
| Snack: _____         |         |           |          |       |
| Dinner: _____        |         |           |          |       |
| Dessert/Other: _____ |         |           |          |       |
|                      |         |           |          |       |
| <b>Total:</b>        |         |           |          |       |
| <b>Thursday</b>      |         |           |          |       |
| Breakfast: _____     |         |           |          |       |
| Snack: _____         |         |           |          |       |
| Lunch: _____         |         |           |          |       |
| Snack: _____         |         |           |          |       |
| Dinner: _____        |         |           |          |       |
| Dessert/Other: _____ |         |           |          |       |
|                      |         |           |          |       |
| <b>Total:</b>        |         |           |          |       |
| <b>Friday</b>        |         |           |          |       |
| Breakfast: _____     |         |           |          |       |
| Snack: _____         |         |           |          |       |
| Lunch: _____         |         |           |          |       |
| Snack: _____         |         |           |          |       |
| Dinner: _____        |         |           |          |       |
| Dessert/Other: _____ |         |           |          |       |
|                      |         |           |          |       |
| <b>Total:</b>        |         |           |          |       |
| <b>Saturday</b>      |         |           |          |       |
| Breakfast: _____     |         |           |          |       |
| Snack: _____         |         |           |          |       |
| Lunch: _____         |         |           |          |       |
| Snack: _____         |         |           |          |       |
| Dinner: _____        |         |           |          |       |
| Dessert/Other: _____ |         |           |          |       |
|                      |         |           |          |       |
| <b>Total:</b>        |         |           |          |       |