

DAILY Food Log

Week of: _____

Sunday

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

| Fat (g) | Carbs (g) | Calories | Notes |
|---------|-----------|----------|-------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Total: _____

Monday

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

| Fat (g) | Carbs (g) | Calories | Notes |
|---------|-----------|----------|-------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Total: _____

Tuesday

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

| Fat (g) | Carbs (g) | Calories | Notes |
|---------|-----------|----------|-------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Total: _____

Wednesday

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

| Fat (g) | Carbs (g) | Calories | Notes |
|---------|-----------|----------|-------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Total: _____

Thursday

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

| Fat (g) | Carbs (g) | Calories | Notes |
|---------|-----------|----------|-------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Total: _____

Friday

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

| Fat (g) | Carbs (g) | Calories | Notes |
|---------|-----------|----------|-------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Total: _____

Saturday

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

| Fat (g) | Carbs (g) | Calories | Notes |
|---------|-----------|----------|-------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Total: _____