

# 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>				