

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:			