

Daily Food Log

SHEKNOWS

Week of: _____

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