## Food Journal

## Date:

Meal	Food / Drink	<u>Carbs</u>	Fat	Calories	Total Calories
Breakfast		5 00000000			
- 1		1 3			2
-			2		
Lunch		7			
		1. 3			2
Supper					
					1
		1 9			0
Snacks					
					3
					3
		5			
Total for the Day					