

SHEKNOWS  **Daily Food Log**   

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:				