

FOOD DIARY

Date:

DAILY CALORIE GOAL: _____

Breakfast	Serving	Carbs	Fats	Protein	Calories
Total					

Lunch	Serving	Carbs	Fats	Protein	Calories
Total					

Dinner	Serving	Carbs	Fats	Protein	Calories
Total					

Snack / Beverages	Serving	Carbs	Fats	Protein	Calories
Total					

Daily Total					
-------------	--	--	--	--	--