

DAILY FOOD LOG

DATE: ____/____/____

BREAKFAST		TIME:	CALORIES:	
			CARBS:	FAT:
			PROTEIN:	SUGAR:
LUNCH		TIME:	CALORIES:	
			CARBS:	FAT:
			PROTEIN:	SUGAR:
DINNER		TIME:	CALORIES:	
			CARBS:	FAT:
			PROTEIN:	SUGAR:
SNACK		TIME:	CALORIES:	
			CARBS:	FAT:
			PROTEIN:	SUGAR:
WATER		TOTAL	CALORIES:	
			CARBS:	FAT:
			PROTEIN:	SUGAR: