| Brookfast:   | Daily Food Log |                 | Week of : |         |           |          |       |
|--|----------------|-----------------|-----------|---------|-----------|----------|-------|
| Paralytate:    |                |                 |           |         |           |          |       |
|  |                |                 |           | Fat (g) | Carbs (g) | Calories | Notes |
|  |                | Breakfast:      | [         |         |           |          |       |
| Desert / Other   Total:  | _              | Snack:          | -         |         |           |          |       |
| Desert / Other   Total:  | da             | Lunch:          | -         |         |           |          |       |
| Desert / Other   Total:  | 5              | Snack:          |           |         |           |          |       |
| Part (g)   Carbs (g)   Calories   Notes  | •              |                 |           |         |           |          |       |
| Breakfast:   |                | Dessert/Other:  | Total:    |         |           |          |       |
|  |                |                 |           |         |           |          |       |
|  |                |                 |           |         |           |          |       |
| Part (g)   Carbs (g)   Calories   Notes  |                |                 | -         | Fat (g) | Carbs (g) | Calories | Notes |
|  |                | Breakfast:      | +         |         |           |          |       |
| Dessert/Other:   Dese | ay             |                 | t         |         |           |          |       |
| Dessert/Other:   Dese | 밑              |                 |           |         |           |          |       |
| Dessert/Other:   | ž              | Dinner:         | -         |         |           |          |       |
| Pat (g)   Carbs (g)   Calories   Notes   |                |                 |           |         |           |          |       |
| Breakfast:   |                | 7               | Total:    |         |           |          |       |
| Breakfast:   |                |                 |           |         |           |          |       |
| Breakfast:   |                |                 |           | Fat (g) | Carbs (g) | Calories | Notes |
| Sack:  |                | Breakfast:      | Г         |         |           |          |       |
| Lunch:   |                | Snack:          |           |         |           |          |       |
| Dessert/Other:   Total:   Fat (g)   Carbs (g)   Calories   Notes   | <b>a</b>       |                 | -         |         |           | 0        |       |
| Dessert/Other:   Total:   Fat (g)   Carbs (g)   Calories   Notes   | sq             | Snack:          |           |         |           |          |       |
| Dessert/Other:   Total:   Fat (g)   Carbs (g)   Calories   Notes   | ž              | Dinner:         |           |         |           |          |       |
| Fat (g)   Carbs (g)   Calories   Notes   |                | Dessert/Other:  | L         |         |           |          |       |
| Breakfast:   |                |                 | Total:    |         |           |          |       |
| Breakfast:   |                |                 |           |         |           |          |       |
| Snack:   |                |                 |           | Fat (g) | Carbs (g) | Calories | Notes |
| Snack:   |                | Breakfast:      | Г         |         |           |          |       |
| Snack:   |                | Snack:          |           |         |           |          |       |
| Fat (g)   Carbs (g)   Calories   Notes   | ≥              |                 | -         |         |           |          |       |
| Fat (g)   Carbs (g)   Calories   Notes   | SQ             | Snack:          | 1         |         |           |          |       |
| Fat (g)   Carbs (g)   Calories   Notes   | 흉              |                 |           |         |           |          |       |
| Fat (g)   Carbs (g)   Calories   Notes   | Š              | Dessert/Other:  | T-4-1     |         |           |          |       |
| Breakfast:   |                |                 | Total.    |         |           |          |       |
| Breakfast:   |                |                 |           |         |           |          |       |
| Snack:   Lunch:  |                |                 |           | Fat (g) | Carbs (g) | Calories | Notes |
| Lunch:   |                |                 | [         |         |           |          |       |
| Dessert/Other:   Total:  | <b>a</b>       |                 | -         |         |           |          |       |
| Dessert/Other:   Total:  | hursd          |                 |           |         |           |          |       |
| Dessert/Other:   Total:  |                |                 |           |         |           |          |       |
| Fat (g)   Carbs (g)   Calories   Notes   | -              |                 | -         |         |           |          |       |
| Breakfast:   |                | Dessert/Other:  | Total:    |         |           |          |       |
| Breakfast:   |                |                 |           |         |           |          |       |
| Breakfast:   |                |                 |           |         |           |          |       |
| Snack:   | Friday         | D. Lee          |           | Fat (g) | Carbs (g) | Calories | Notes |
| Lunch:   |                |                 |           |         |           |          |       |
| Snack:   |                |                 | 1         |         |           |          |       |
| Dessert/Other:   |                | SI              |           |         |           |          |       |
| Dessert/Other:   |                | Dipper:         |           |         |           |          |       |
| Fat (g)   Carbs (g)   Calories   Notes   |                | Descert/Other:  | 1         |         |           |          | -     |
| Breakfast:   |                | Desset y Other. | Total     |         |           |          |       |
| Breakfast:   |                |                 |           |         |           |          |       |
| Breakfast:   |                |                 |           | F-4 ()  | C ()      | C-1i     | Ninen |
| Snack:   |                | Breakfast       | г         | rat (g) | Carps (g) | Calories | Notes |
| Lunch:   |                |                 |           |         |           |          |       |
| Dessert/Other:   | >              |                 |           |         |           |          |       |
| Dessert/Other:   | aturda         |                 |           |         |           |          |       |
| Dessert/Other:   |                | Dipper:         |           |         |           |          |       |
| Total:   | S              | Dessert/Other:  |           |         |           |          |       |
|  |                |                 | Total:    |         |           |          |       |
|  |                |                 |           |         |           |          |       |