



# My Food Journal

Use this daily food journal to track your caloric intake and keep you on track. Get more on recommended daily food intake including recipes at [FruitsAndVeggiesMoreMatters.org](http://FruitsAndVeggiesMoreMatters.org).

Target: 1500 Calories/Day

## Breakfast (300 cal)

I ate:	Cals.:
_____	_____
_____	_____
_____	_____
_____	_____

My Calories: \_\_\_\_\_

## Snack (200 cal)

I ate:	Cals.:
_____	_____
_____	_____
_____	_____
_____	_____

My Calories: \_\_\_\_\_

## Lunch (300 cal)

I ate:	Cals.:
_____	_____
_____	_____
_____	_____
_____	_____

My Calories: \_\_\_\_\_

## Snack (200 cal)

I ate:	Cals.:
_____	_____
_____	_____
_____	_____
_____	_____

My Calories: \_\_\_\_\_

## Dinner (300 cal)

I ate:	Cals.:
_____	_____
_____	_____
_____	_____
_____	_____

My Calories: \_\_\_\_\_

## Dessert (200 cal)

I ate:	Cals.:
_____	_____
_____	_____
_____	_____
_____	_____

My Calories: \_\_\_\_\_



For healthy make-over recipe ideas visit: [www.DudaFresh.com/Makeover](http://www.DudaFresh.com/Makeover)