Weight Loss Food Log

Week of:

Monday

BREAKFAST	
LUNCH	
DINNER	
SNACKS	
DESSERT/OTHER	

FAT (g)	CARBS (g)	CALORIES	NOTES
TOTAL:			

Tuesday

BREAKFAST	
LUNCH	
DINNER	
SNACKS	
DESSERT/OTHER	

FAT (g)	CARBS (g)	CALORIES	NOTES
TOTAL:			

Wednesday

BREAKFAST	
LUNCH	
DINNER	
SNACKS	
DESSERT/OTHER	

FAT (g)	CARBS (g)	CALORIES	NOTES
TOTAL:			

Thursday

BREAKFAST	
LUNCH	
DINNER	
SNACKS	
DESSERT/OTHER	

FAT (g)	CARBS (g)	CALORIES	NOTES
TOTAL:			

Friday

BREAKFAST	
LUNCH	
DINNER	
SNACKS	
DESSERT/OTHER	

FAT (g)	CARBS (g)	CALORIES	NOTES
TOTAL:			

Saturday

BREAKFAST	
LUNCH	
DINNER	
SNACKS	
DESSERT/OTHER	

FAT (g)	CARBS (g)	CALORIES	NOTES
TOTAL:			

Sunday

BREAKFAST	
LUNCH	
DINNER	
SNACKS	
DESSERT/OTHER	

FAT (g)	CARBS (g)	CALORIES	NOTES
TOTAL:			