

# DAILY FOOD LOG


DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

<b>BREAKFAST</b>	TIME:	CALORIES:	
		CARBS:	FAT:
		PROTEIN:	SUGAR:

<b>LUNCH</b>	TIME:	CALORIES:	
		CARBS:	FAT:
		PROTEIN:	SUGAR:

<b>DINNER</b>	TIME:	CALORIES:	
		CARBS:	FAT:
		PROTEIN:	SUGAR:

<b>SNACK</b>	TIME:	CALORIES:	
		CARBS:	FAT:
		PROTEIN:	SUGAR:

<b>WATER</b> 	<b>TOTAL</b>	CALORIES:	
		CARBS:	FAT:
		PROTEIN:	SUGAR: