

# Daily Food Log

Week of : .....

## SUNDAY

Breakfast \_\_\_\_\_  
 Snack \_\_\_\_\_  
 Lunch \_\_\_\_\_  
 Dinner \_\_\_\_\_  
 Dessert/Other \_\_\_\_\_  
 \_\_\_\_\_

Fat (g)	Carbs (g)	Calories	Notes

**Total:**

## MONDAY

Breakfast \_\_\_\_\_  
 Snack \_\_\_\_\_  
 Lunch \_\_\_\_\_  
 Dinner \_\_\_\_\_  
 Dessert/Other \_\_\_\_\_  
 \_\_\_\_\_

Fat (g)	Carbs (g)	Calories	Notes

**Total:**

## TUESDAY

Breakfast \_\_\_\_\_  
 Snack \_\_\_\_\_  
 Lunch \_\_\_\_\_  
 Dinner \_\_\_\_\_  
 Dessert/Other \_\_\_\_\_  
 \_\_\_\_\_

Fat (g)	Carbs (g)	Calories	Notes

**Total:**

## WEDNESDAY

Breakfast \_\_\_\_\_  
 Snack \_\_\_\_\_  
 Lunch \_\_\_\_\_  
 Dinner \_\_\_\_\_  
 Dessert/Other \_\_\_\_\_  
 \_\_\_\_\_

Fat (g)	Carbs (g)	Calories	Notes

**Total:**

## THURSDAY

Breakfast \_\_\_\_\_  
 Snack \_\_\_\_\_  
 Lunch \_\_\_\_\_  
 Dinner \_\_\_\_\_  
 Dessert/Other \_\_\_\_\_  
 \_\_\_\_\_

Fat (g)	Carbs (g)	Calories	Notes

**Total:**

## FRIDAY

Breakfast \_\_\_\_\_  
 Snack \_\_\_\_\_  
 Lunch \_\_\_\_\_  
 Dinner \_\_\_\_\_  
 Dessert/Other \_\_\_\_\_  
 \_\_\_\_\_

Fat (g)	Carbs (g)	Calories	Notes

**Total:**

## FRIDAY

Breakfast \_\_\_\_\_  
 Snack \_\_\_\_\_  
 Lunch \_\_\_\_\_  
 Dinner \_\_\_\_\_  
 Dessert/Other \_\_\_\_\_  
 \_\_\_\_\_

Fat (g)	Carbs (g)	Calories	Notes

**Total:**