

Daily Food Diary

Daily Calorie Goal _____

Date	Meal	Food / Drink	# of Servings	Serving Size	Protein (g)	Carbs (g)	Sugar (g)	Fat (g)	Calories
					DAILY TOTALS				

Date	Meal	Food / Drink	# of Servings	Serving Size	Protein (g)	Carbs (g)	Sugar (g)	Fat (g)	Calories
					DAILY TOTALS				