

NAME: _____

Day / Date:		
MEAL	FOOD	
BREAKFAST		CALORIES:
		CARB:
		PROTEIN:
		FAT:
SNACK		CALORIES:
		CARB:
		PROTEIN:
		FAT:
LUNCH		CALORIES:
		CARB:
		PROTEIN:
		FAT:
SNACK		CALORIES:
		CARB:
		PROTEIN:
		FAT:
DINNER		CALORIES:
		CARB:
		PROTEIN:
		FAT:
SNACK		CALORIES:
		CARB:
		PROTEIN:
		FAT:

TOTAL DAILY INTAKE:

CALS: _____ CARBS: _____ PROTEIN: _____ FAT: _____

Day / Date:		
MEAL	FOOD	
BREAKFAST		CALORIES:
		CARB:
		PROTEIN:
		FAT:
SNACK		CALORIES:
		CARB:
		PROTEIN:
		FAT:
LUNCH		CALORIES:
		CARB:
		PROTEIN:
		FAT:
SNACK		CALORIES:
		CARB:
		PROTEIN:
		FAT:
DINNER		CALORIES:
		CARB:
		PROTEIN:
		FAT:
SNACK		CALORIES:
		CARB:
		PROTEIN:
		FAT:

TOTAL DAILY INTAKE:

CALS: _____ CARBS: _____ PROTEIN: _____ FAT: _____

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SNACK		CALORIES:
		CARB:
		PROTEIN:
		FAT:
DINNER		CALORIES:
		CARB:
		PROTEIN:
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SNACK		CALORIES:
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TOTAL DAILY INTAKE:

CALS: _____ CARBS: _____ PROTEIN: _____ FAT: _____

Day / Date:		
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		CARB:
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		PROTEIN:
		FAT:
LUNCH		CALORIES:
		CARB:
		PROTEIN:
		FAT:
SNACK		CALORIES:
		CARB:
		PROTEIN:
		FAT:
DINNER		CALORIES:
		CARB:
		PROTEIN:
		FAT:
SNACK		CALORIES:
		CARB:
		PROTEIN:
		FAT:

TOTAL DAILY INTAKE:

CALS: _____ CARBS: _____ PROTEIN: _____ FAT: _____