

Food Journal

DATE

M T W T F S S

BREAKFAST	SIZE	CARBS	FATS	PROTEIN	CALORIES	
TOTALS						

LUNCH	SIZE	CARBS	FATS	PROTEIN	CALORIES	
TOTALS						

DINNER	SIZE	CARBS	FATS	PROTEIN	CALORIES	
TOTALS						

SNACKS	SIZE	CARBS	FATS	PROTEIN	CALORIES	
TOTALS						

DAILY TOTAL						
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