



FOOD LOG

FOOD	PROTEIN (GRAMS)	CARB (GRAMS)	FAT (GRAMS)	CALORIES
MEAL _____ Time _____ _____				
SNACK _____ Time _____ _____				
MEAL _____ Time _____ _____				
SNACK _____ Time _____ _____				
MEAL _____ Time _____ _____				
SNACK _____ Time _____ _____				
DAILY TOTAL				

WATER:

VEGGIES: (check off your total servings each day and try to fill all the boxes)