

Daily Food Tracker

Date: _____

	Food Item	Protein (g)	Carbohydrates (g)	Fat (g)	Calories
Breakfast					
	Food Item	Protein (g)	Carbohydrates (g)	Fat (g)	Calories
Mid-morning					
	Food Item	Protein (g)	Carbohydrates (g)	Fat (g)	Calories
Lunch					
	Food Item	Protein (g)	Carbohydrates (g)	Fat (g)	Calories
Mid-afternoon					
	Food Item	Protein (g)	Carbohydrates (g)	Fat (g)	Calories
Dinner					
	Food Item	Protein (g)	Carbohydrates (g)	Fat (g)	Calories
Mid-evening					
Totals					