

Daily Calorie Goal

Date	Meal	Food / Drink	# of Servings	Serving Size	Protein (g)	Carbs (g)	Sugar (g)	Fat (g)	Calories
			DAILY 1	OTALS					
			# of	Serving					
Date	Meal	Food / Drink	Servings	Size	Protein	Carbs	Sugar	Fat	Calories
			DAILY TOTALS						
			# of	Serving					
Date	Meal	Food / Drink	Servings	Size	Protein	Carbs	Sugar	Fat	Calories
		DAILY TOTALS							