

Food Diary

Date: _____

SUN / MON / TUE / WED / THU / FRI / SAT

Breakfast	Calories	Carbs	Sugar	Protein	Fat	Fiber

Lunch	Calories	Carbs	Sugar	Protein	Fat	Fiber

Dinner	Calories	Carbs	Sugar	Protein	Fat	Fiber

Snacks	Calories	Carbs	Sugar	Protein	Fat	Fiber