

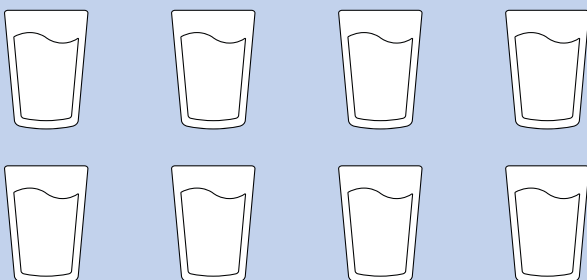
# FOOD journal

DATE: \_\_\_\_\_

MEAL	FOOD/DRINK	CALORIES	CARBS (g)	PROTEIN (g)	SODIUM (g)
BREAKFAST					
SNACK #1					
LUNCH					
SNACK #2					
DINNER					
DESSERT					
TOTALS:					

## WATER INTAKE

## NOTES



# FOOD journal

WEEK OF: \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER	SNACKS/DESSERT
MON	ATE:	ATE:	ATE:	ATE:
	CALORIES:	CALORIES:	CALORIES:	CALORIES:
	CARBS:	CARBS:	CARBS:	CARBS:
	PROTEIN:	PROTEIN:	PROTEIN:	PROTEIN:
	SODIUM:	SODIUM:	SODIUM:	SODIUM:
TUE	ATE:	ATE:	ATE:	ATE:
	CALORIES:	CALORIES:	CALORIES:	CALORIES:
	CARBS:	CARBS:	CARBS:	CARBS:
	PROTEIN:	PROTEIN:	PROTEIN:	PROTEIN:
	SODIUM:	SODIUM:	SODIUM:	SODIUM:
WED	ATE:	ATE:	ATE:	ATE:
	CALORIES:	CALORIES:	CALORIES:	CALORIES:
	CARBS:	CARBS:	CARBS:	CARBS:
	PROTEIN:	PROTEIN:	PROTEIN:	PROTEIN:
	SODIUM:	SODIUM:	SODIUM:	SODIUM:
THU	ATE:	ATE:	ATE:	ATE:
	CALORIES:	CALORIES:	CALORIES:	CALORIES:
	CARBS:	CARBS:	CARBS:	CARBS:
	PROTEIN:	PROTEIN:	PROTEIN:	PROTEIN:
	SODIUM:	SODIUM:	SODIUM:	SODIUM:
FRI	ATE:	ATE:	ATE:	ATE:
	CALORIES:	CALORIES:	CALORIES:	CALORIES:
	CARBS:	CARBS:	CARBS:	CARBS:
	PROTEIN:	PROTEIN:	PROTEIN:	PROTEIN:
	SODIUM:	SODIUM:	SODIUM:	SODIUM:
SAT	ATE:	ATE:	ATE:	ATE:
	CALORIES:	CALORIES:	CALORIES:	CALORIES:
	CARBS:	CARBS:	CARBS:	CARBS:
	PROTEIN:	PROTEIN:	PROTEIN:	PROTEIN:
	SODIUM:	SODIUM:	SODIUM:	SODIUM:
SUN	ATE:	ATE:	ATE:	ATE:
	CALORIES:	CALORIES:	CALORIES:	CALORIES:
	CARBS:	CARBS:	CARBS:	CARBS:
	PROTEIN:	PROTEIN:	PROTEIN:	PROTEIN:
	SODIUM:	SODIUM:	SODIUM:	SODIUM: