



Food Diary

DATE: _____

BREAKFAST

CALORIES

CARBS (g)

PROTEIN (g)

FATS (g)

SUGAR (g)

SODIUM (g)

LUNCH

CALORIES

CARBS (g)

PROTEIN (g)

FATS (g)

SUGAR (g)

SODIUM (g)

DINNER

CALORIES

CARBS (g)

PROTEIN (g)

FATS (g)

SUGAR (g)

SODIUM (g)

SNACKS

CALORIES

CARBS (g)

PROTEIN (g)

FATS (g)

SUGAR (g)

SODIUM (g)

WATER INTAKE





Food Diary

WEEK OF: _____

MONDAY

WATER INTAKE

CALORIES:	CARBS (g):	PROTEIN (g):
FATS (g):	SUGAR (g):	SODIUM (g):

TUESDAY

WATER INTAKE

CALORIES:	CARBS (g):	PROTEIN (g):
FATS (g):	SUGAR (g):	SODIUM (g):

WEDNESDAY

WATER INTAKE

CALORIES:	CARBS (g):	PROTEIN (g):
FATS (g):	SUGAR (g):	SODIUM (g):

THURSDAY

WATER INTAKE

CALORIES:	CARBS (g):	PROTEIN (g):
FATS (g):	SUGAR (g):	SODIUM (g):

FRIDAY

WATER INTAKE

CALORIES:	CARBS (g):	PROTEIN (g):
FATS (g):	SUGAR (g):	SODIUM (g):

SATURDAY

WATER INTAKE

CALORIES:	CARBS (g):	PROTEIN (g):
FATS (g):	SUGAR (g):	SODIUM (g):

SUNDAY

WATER INTAKE

CALORIES:	CARBS (g):	PROTEIN (g):
FATS (g):	SUGAR (g):	SODIUM (g):