



Daily Food Diary

Date: _____

Breakfast		Cal:	Carbs:
		Fat:	Protein:
Snack		Cal:	Carbs:
		Fat:	Protein:
Lunch		Cal:	Carbs:
		Fat:	Protein:
Snack		Cal:	Carbs:
		Fat:	Protein:
Dinner		Cal:	Carbs:
		Fat:	Protein:
Snack		Cal:	Carbs:
		Fat:	Protein:

Total Daily Intake:

Calories: _____

Carbohydrates: _____

Fat: _____

Other: _____

Notes:
