

Nutritional Food Intake Log

Date

s m t w t f s

Breakfast	Food	Calorie	Amount	Protein	Carb	Fat	Beverages/ Amount
Total							

Lunch	Food	Calorie	Amount	Protein	Carb	Fat	Beverages/ Amount
Total							

Dinner	Food	Calorie	Amount	Protein	Carb	Fat	Beverages/ Amount
Total							

Snack	Food	Calorie	Amount	Protein	Carb	Fat	Beverages/ Amount
Total							