

Today's Date: _____

6AM to Noon

Food _____ Calories ____ Carbs ____ Fat ____ Protein ____

Food _____ Calories ____ Carbs ____ Fat ____ Protein ____

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Food _____ Calories ____ Carbs ____ Fat ____ Protein ____

Food _____ Calories ____ Carbs ____ Fat ____ Protein ____

Food _____ Calories ____ Carbs ____ Fat ____ Protein ____

Beverage _____ Calories ____ Carbs ____ Fat ____ Protein ____

Beverage _____ Calories ____ Carbs ____ Fat ____ Protein ____

Noon to 6PM

Food _____ Calories ____ Carbs ____ Fat ____ Protein ____

Food _____ Calories ____ Carbs ____ Fat ____ Protein ____

Food _____ Calories ____ Carbs ____ Fat ____ Protein ____

Food _____ Calories ____ Carbs ____ Fat ____ Protein ____

Food _____ Calories ____ Carbs ____ Fat ____ Protein ____

Food _____ Calories ____ Carbs ____ Fat ____ Protein ____

Beverage _____ Calories ____ Carbs ____ Fat ____ Protein ____

Beverage _____ Calories ____ Carbs ____ Fat ____ Protein ____

6PM to Midnight

Food _____ Calories ____ Carbs ____ Fat ____ Protein ____

Food _____ Calories ____ Carbs ____ Fat ____ Protein ____

Food _____ Calories ____ Carbs ____ Fat ____ Protein ____

Food _____ Calories ____ Carbs ____ Fat ____ Protein ____

Food _____ Calories ____ Carbs ____ Fat ____ Protein ____

Food _____ Calories ____ Carbs ____ Fat ____ Protein ____

Beverage _____ Calories ____ Carbs ____ Fat ____ Protein ____

Beverage _____ Calories ____ Carbs ____ Fat ____ Protein ____

Midnight to 6AM

Food _____ Calories ____ Carbs ____ Fat ____ Protein ____

Food _____ Calories ____ Carbs ____ Fat ____ Protein ____

Food _____ Calories ____ Carbs ____ Fat ____ Protein ____

Food _____ Calories ____ Carbs ____ Fat ____ Protein ____

Food _____ Calories ____ Carbs ____ Fat ____ Protein ____

Food _____ Calories ____ Carbs ____ Fat ____ Protein ____

Beverage _____ Calories ____ Carbs ____ Fat ____ Protein ____

Beverage _____ Calories ____ Carbs ____ Fat ____ Protein ____

Today's Totals

Calories _____

Servings of fruits and/or vegetables _____ (5 to 9 servings per day)

Servings of whole grains or cereals _____ (at least 3 servings per day)

Servings of dairy or calcium foods _____ (3 servings per day)

Servings of proteins _____ (2 to 3 servings per day)

Servings of healthy fats _____ (for example, omega-3 EFAs, Olive Oil)

Ounces of water or fluids _____ (goal _____ ounces per day)
