



# FOOD LOG

Name:	Date:	Day of Week:
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## Food or Beverage

BREAKFAST	Amount	Calories	Fat Grams	Carbs Grams	Protein Grams	Fiber Grams
Time:		<b>Breakfast Totals &gt;</b>				

LUNCH	Amount	Calories	Fat Grams	Carbs Grams	Protein Grams	Fiber Grams
Time:		<b>Lunch Totals &gt;</b>				

DINNER	Amount	Calories	Fat Grams	Carbs Grams	Protein Grams	Fiber Grams
Time:		<b>Dinner Totals &gt;</b>				

SNACKS	Amount	Calories	Fat Grams	Carbs Grams	Protein Grams	Fiber Grams
		<b>Snack Totals &gt;</b>				

8 oz. glasses of water consumed today:

TODAY'S GRAND TOTALS					
CALORIES	FAT CAL.	CARB. CAL.	PROTEIN CAL.	FIBER GRAMS	# OF FRUIT/VEG