

## Daily Food Diary

Date: \_\_\_\_\_

	Food and Drinks	Calories	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)
<b>Breakfast</b>						
<b>TOTALS:</b>						
<b>Morning Snack</b>						
<b>Lunch</b>						
<b>TOTALS:</b>						
<b>Afternoon Snack</b>						
<b>Dinner</b>						
<b>TOTALS:</b>						
<b>TOTAL FOR THE DAY:</b>						