

# Daily Food Journal

<b>MEAL 1 Food and Beverages</b>	<b>amt.</b>	<b>Cal.</b>	<b>Fat gms</b>	<b>Protein gms</b>	<b>Carbs. gms</b>	<b>fiber gms</b>
<b>Meal 1 Totals</b>						
<b>Comments:</b>						

<b>SNACK 1 Food and Beverages</b>	<b>amt.</b>	<b>Cal.</b>	<b>Fat gms</b>	<b>Protein gms</b>	<b>Carbs. gms</b>	<b>fiber gms</b>
<b>Snack 1 Totals</b>						
<b>Comments:</b>						

<b>MEAL 2 Food and Beverages</b>	<b>amt.</b>	<b>Cal.</b>	<b>Fat gms</b>	<b>Protein gms</b>	<b>Carbs. gms</b>	<b>fiber gms</b>
<b>Meal 2 Totals</b>						
<b>Comments:</b>						

<b>SNACK 2 Food and Beverages</b>	<b>amt.</b>	<b>Cal.</b>	<b>Fat gms</b>	<b>Protein gms</b>	<b>Carbs. gms</b>	<b>fiber gms</b>
<b>Snack 2 Totals</b>						
<b>Comments:</b>						

<b>MEAL 3 Food and Beverages</b>	<b>amt.</b>	<b>Cal.</b>	<b>Fat gms</b>	<b>Protein gms</b>	<b>Carbs. gms</b>	<b>fiber gms</b>
<b>Meal 3 Totals</b>						
<b>Comments:</b>						

<b>SNACK 3 Food and Beverages</b>	<b>amt.</b>	<b>Cal.</b>	<b>Fat gms</b>	<b>Protein gms</b>	<b>Carbs. gms</b>	<b>fiber gms</b>
<b>Snack 3 Totals</b>						
<b>Comments:</b>						