

# FOOD LOG

	Protein	Dairy	Grains	Fruits	Fats	Veggies (nonstarches)	Water
<b>Breakfast</b>	P P P P	D D	G G	F	FATS	V V V	W W
Snack	P P	D D	G	F F		V V V	W
<b>Lunch</b>	P P P P	D D	G G	F	FATS	V V V	W W
Snack	P P	D D	G	F F		V V V	W
<b>Dinner</b>	P P P P	D D	G G	F	FATS	V V V	W W
Evening snack (optional)	P P	D D	G	F F	FATS	V V V	W
<b>Day's Maximum</b>						<b>Unlimited</b>	<b>Unlimited</b>

**DAY'S  
TOTAL**

Journal Your Treat:

Daily Notes: