



308 • FOOD LOG, WORKOUT LOG, AND PROGRESS SHEET

FOOD LOG

	Protein	Dairy	Grains	Fruits	Fats	Veggies (nonstarches)	Water
Breakfast	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
Lunch	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
Dinner	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
Day's Maximum	7	3	5	4	3	Unlimited	Unlimited

**DAY'S
TOTAL**

Journal Your Treat:

Daily Notes:

REMINDER

Use the food log to monitor your intake. It's easy; just cross off your portion sizes and total them up at the end of the day.

Try not to go over your Day's Maximum!

