

MY DAILY FOOD DIARY

Today's Date: _____

	WHAT DID I EAT TODAY?	CALORIE COUNT	GRAMS OF PROTEIN
BREAKFAST			
MID-MORNING SNACK			
LUNCH			
AFTERNOON SNACK			
DINNER			
BEDTIME SNACK			
MIDNIGHT SNACK			
	Daily Totals: (Try for 3,000 calories & 130 grams of protein each day.)		