

My Food Diary

WEEK OF _____

	MEAL LOG	CALORIES
MONDAY	BREAKFAST:	
	LUNCH:	
	DINNER:	
	SNACKS:	
TUESDAY	BREAKFAST:	
	LUNCH:	
	DINNER:	
	SNACKS:	
WEDNESDAY	BREAKFAST:	
	LUNCH:	
	DINNER:	
	SNACKS:	
THURSDAY	BREAKFAST:	
	LUNCH:	
	DINNER:	
	SNACKS:	
FRIDAY	BREAKFAST:	
	LUNCH:	
	DINNER:	
	SNACKS:	
SATURDAY	BREAKFAST:	
	LUNCH:	
	DINNER:	
	SNACKS:	
SUNDAY	BREAKFAST:	
	LUNCH:	
	DINNER:	
	SNACKS:	