

Daily Food Diary

Date: _____

| | Food and Drinks | Calories | Fat (g) | Protein (g) | Carbs (g) | Sugar (g) |
|---------------------------|-----------------|----------|---------|-------------|-----------|-----------|
| Breakfast | | | | | | |
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| TOTALS: | | | | | | |
| Morning Snack | | | | | | |
| Lunch | | | | | | |
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| TOTALS: | | | | | | |
| Afternoon Snack | | | | | | |
| Dinner | | | | | | |
| | | | | | | |
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| | | | | | | |
| TOTALS: | | | | | | |
| TOTAL FOR THE DAY: | | | | | | |