

## Daily Food Diary

Date: \_\_\_\_\_

	Food and Drinks	Calories	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)
Breakfast						
<b>TOTALS:</b>						
Morning Snack						
Lunch						
<b>TOTALS:</b>						
Afternoon Snack						
Dinner						
<b>TOTALS:</b>						
<b>TOTAL FOR THE DAY:</b>						