

## DAILY FOOD DIARY

<b>Name:</b>  <b>Date:</b>  <b>Day</b> <b>Of</b>	<b>Guidelines:</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;"><b>Daily Calories Goal:</b></td> <td style="width: 50%;"><b>Approx Calories Per Meal:</b></td> </tr> <tr> <td style="height: 40px;"></td> <td></td> </tr> </table>					<b>Daily Calories Goal:</b>	<b>Approx Calories Per Meal:</b>		
<b>Daily Calories Goal:</b>	<b>Approx Calories Per Meal:</b>								
	<b>Food Eaten</b>	<b>Protein Grams</b>	<b>Carb Grams</b>	<b>Fat Grams</b>	<b>Calories</b>				
<b>Meal #1</b>									
<b>Time:</b>									
<b>Meal #1 Totals:</b>									
<b>Meal #2</b>									
<b>Time:</b>									
<b>Meal #2 Totals:</b>									
<b>Meal #3</b>									
<b>Time:</b>									
<b>Meal #3 Totals:</b>									
<b>Meal #4</b>									
<b>Time:</b>									
<b>Meal #4 Totals:</b>									
<b>Meal #5</b>									
<b>Time:</b>									
<b>Meal #5 Totals:</b>									
<b>Meal #6</b>									
<b>Time:</b>									
<b>Meal #6 Totals:</b>									
<b>Water 500ml</b>	□ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>				
<b>Daily Totals</b>		<b>Gm</b>	<b>Gm</b>	<b>Gm</b>	<b>Cal</b>				
<b>Multiply by calories per Gm</b>		<b>x 4</b>	<b>x 4</b>	<b>x 9</b>					
<b>Calories consumed by macronutrient</b>		<b>cal</b>	<b>cal</b>	<b>cal</b>					
<b>Above Numbers divide by today's total calories</b>									
<b>Percentage of total calories</b>		<b>%</b>	<b>%</b>	<b>%</b>					