

Food Journal: Day #1

Day # 1

CODE

Breakfast

_____	_____
_____	_____
_____	_____
_____	_____

Lunch

_____	_____
_____	_____
_____	_____
_____	_____

Dinner

_____	_____
_____	_____
_____	_____
_____	_____

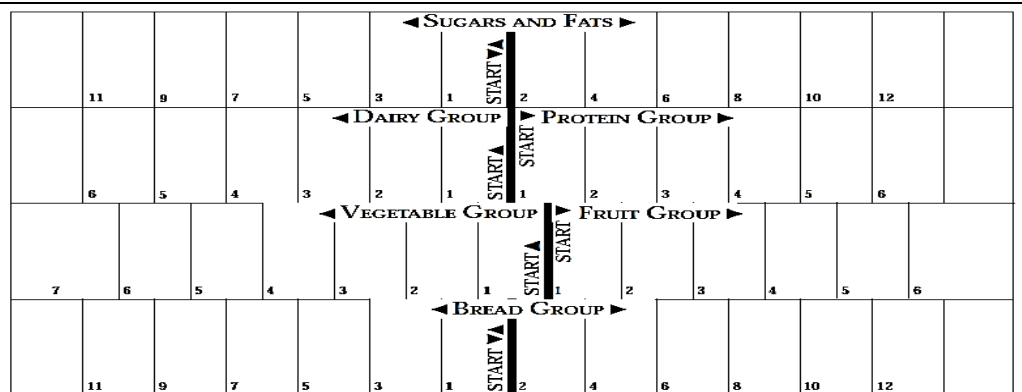
Snacks

_____	_____
_____	_____

Your Total

- B — Bread, cereal, rice, and pasta
- V — Vegetables
- F — Fruits
- P — Protein: meat, fish, beans, eggs, nuts
- D — Dairy: Milk, yogurt, cheese
- S — Sugar and Fat

Graph your values
for the day!



Food Journal: Day #2

Day # 2

CODE

Breakfast

_____	_____
_____	_____
_____	_____
_____	_____

Lunch

_____	_____
_____	_____
_____	_____
_____	_____

Dinner

_____	_____
_____	_____
_____	_____
_____	_____

Snacks

_____	_____
_____	_____

Your Total

- B — Bread, cereal, rice, and pasta
- V — Vegetables
- F — Fruits
- P — Protein: meat, fish, beans, eggs, nuts
- D — Dairy: Milk, yogurt, cheese
- S — Sugar and Fat

Graph your values
for the day!

