

Daily Food Diary: _____

| Breakfast | Food Item | Time | Est. Calories |
|-----------------|-----------|------|---------------|
| Grains/Starches | | | |
| Vegetables | | | |
| Fruits | | | |
| Dairy | | | |
| Protein | | | |
| Fats/Sweets | | | |
| Beverages | | | |
| Water | | | |
| | | | |
| | | | |

| Lunch | Food Item | Time | Est. Calories |
|-----------------|-----------|------|---------------|
| Grains/Starches | | | |
| Vegetables | | | |
| Fruits | | | |
| Dairy | | | |
| Protein | | | |
| Fats/Sweets | | | |
| Beverages | | | |
| Water | | | |
| | | | |
| | | | |

| Dinner | Food Item | Time | Est. Calories |
|-----------------|-----------|------|---------------|
| Grains/Starches | | | |
| Vegetables | | | |
| Fruits | | | |
| Dairy | | | |
| Protein | | | |
| Fats/Sweets | | | |
| Beverages | | | |
| Water | | | |
| | | | |
| | | | |

| Snacks | Food Item | Time | Est. Calories |
|--------|-----------|------|---------------|
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| Notes |
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