



**DAILY FOOD JOURNAL**

**DATE - \_\_\_\_\_**

**BREAKFAST**

<b>TIME</b>	<b>FOOD</b>	<b>CALORIES</b>

**TOTAL BREAKFAST CALORIES \_\_\_\_\_**

**LUNCH**

<b>TIME</b>	<b>FOOD</b>	<b>CALORIES</b>

**TOTAL LUNCH CALORIES \_\_\_\_\_**

**DINNER**

<b>TIME</b>	<b>FOOD</b>	<b>CALORIES</b>

**TOTAL DINNER CALORIES \_\_\_\_\_**

**SNACKS**

<b>TIME</b>	<b>FOOD</b>	<b>CALORIES</b>

**TOTAL SNACKS CALORIES \_\_\_\_\_**

**GRAND TOTAL CALORIES FOR THE DAY \_\_\_\_\_**