**DAILY FOOD LOG**

Write down everything you eat, even if you don’t know calorie amount or all the information. The most important thing is what your eating and amount. Measure and weigh food.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Breakfast**  **Food (name brand if applicable)** | Dietary Fiber | Protein | Calories per serving | # Servings or amount | Calorie Total |
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| **BREAKFAST TOTALS** |  |  |  |  |  |
| **SNACK**  **Food (name brand if applicable)** | Dietary Fiber | Protein | Calories per serving | # Servings or amount | Calorie Total |
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| **SNACK TOTALS** |  |  |  |  |  |
| **LUNCH**  **Food (name brand if applicable)** | Dietary Fiber | Protein | Calories per serving | # Servings or amount | Calorie Total |
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| **LUNCH TOTALS** |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- |
| **Dinner**  **Food (name brand if applicable)** | Dietary Fiber | Protein | Calories per serving | # Servings or amount | Calorie Total |
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| **DINNER TOTALS** |  |  |  |  |  |
| **SNACK**  **Food (name brand if applicable)** | Dietary Fiber | Protein | Calories per serving | # Servings or amount | Calorie Total |
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| **SNACK TOTALS** |  |  |  |  |  |
| **ANYTHING ELSE**  **Food (name brand if applicable)** | Dietary Fiber | Protein | Calories per serving | # Servings or amount | Calorie Total |
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| **DAILY TOTALS** |  |  |  |  |  |

**Don’t forget to do Daily Totals. This is a lot of work at first, but will be worth it in the end. There are many free apps that can help like, “Lose it” “Life Sum” “My fitness Pal” and many more. They will track food for you and help look up foods and calorie amounts in foods. This log is just as helpful too. Whatever works best for you.**