

Daily Food Diary

Name:

Date:

Guidelines

Max. daily calories:

Max. daily fat grams:

Meal	Food Eaten	Amount	Fat Grams	Calories	Comments
<i>Breakfast time:</i>					
<i>Snack time:</i>					
<i>Lunch time:</i>					
<i>Snack time:</i>					
<i>Dinner time:</i>					
<i>Snack time:</i>					
<i>Water</i>	() () () () () () () ()				
	Total:				

Comments: