

# Level I 1200-1400 Calorie DAILY FOOD JOURNAL

	Day _____	Date _____
275-300 calories	BREAKFAST	
Fruit		
Dairy		
Small Protein		Shake
Starch		
Oil/Fat		
275-325 calories	LUNCH	
Vegetable		
Vegetable		
Large Protein		
Starch		
Oil/Fat		
275-300 calories	SNACK	
Fruit		
Dairy		
Small Protein		Bar/MRS
Starch		
Oil/Fat		
275-325 calories	DINNER	
Vegetable		
Vegetable		
Large Protein		
Starch		
Oil/Fat		

### Supplements

- |  |                                    |
|--|------------------------------------|
| <input type="checkbox"/> Multi Vitamin | <input type="checkbox"/> Probiotic |
| <input type="checkbox"/> Omega         | <input type="checkbox"/> _____     |
| <input type="checkbox"/> Vitamin D     | <input type="checkbox"/> _____     |

### Glasses of Water Consumed

8oz.	8oz	8oz	8oz	8oz	8oz	8oz	8oz

### Exercise

Type	Time

### Met Today's Goals

0%	25%	50%	75%	100%

### Notes:

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