

Level III 1600-1800 Calorie DAILY FOOD JOURNAL

	Day _____	Date _____
275-300 calories	BREAKFAST	
Fruit		
Dairy		
Small Protein		Shake
Starch		
Oil/Fat		
475-525 calories	LUNCH	
Vegetable		
Vegetable		
Large Protein		
Small Protein		
Starch		
Starch		
Starch		
Oil/Fat		
Oil/ Fat		
275-300 calories	SNACK	
Fruit		
Dairy		
Small Protein		Bar/MRS
Starch		
Oil/Fat		
475-525 calories	DINNER	
Vegetable		
Vegetable		
Large Protein		
Small Protein		
Starch		
Starch		
Starch		
Oil/Fat		
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:
