

Level V 2000-2200 Calorie DAILY FOOD JOURNAL

	Day _____	Date _____	
325-350 calories	BREAKFAST		
Fruit			
Fruit			
Dairy			
Small Protein		Shake	
Starch			
Oil/Fat			
Oil/Fat			
625-675 calories	LUNCH		
Vegetable			
Vegetable			
Large Protein			
Large Protein			
Starch			
Starch			
Starch			
Oil/ Fat			
Oil/ Fat			
Oil/Fat			
325-350 calories	SNACK		
Fruit			
Fruit			
Dairy			
Small Protein		Bar/MRS	
Starch			
Oil/Fat			
Oil/Fat			
625-675 calories	DINNER		
Vegetable			
Vegetable			
Large Protein			
Large Protein			
Starch			
Starch			
Starch			
Oil/ Fat			
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:
