

NUTRITIONAL INTAKE COMPARISON

Restaurant: _____ Date: _____

MENU ITEM / SELECTION	CALORIES	FAT (G)	CARBS (G)	PROTEIN (G)	+/- TARGET
Grilled Chicken Salad	450	12g	15g	38g	-150
Classic Beef Burger	820	45g	62g	28g	+220
Vegetable Stir-fry	310	8g	48g	10g	-290

DAILY TARGET 2,000 kcal
MEAL AVERAGE 526 kcal
REMAINING BALANCE _____ kcal

Comparison Chart Template • For Personal Nutritional Tracking Only