

WEEKLY NUTRITIONAL INTAKE COMPARISON

Week of: _____
Target Daily Calories: _____

DAY	BREAKFAST	LUNCH	DINNER	SNACKS	TOTAL CAL	NET +/-
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						

DAY	BREAKFAST	LUNCH	DINNER	SNACKS	TOTAL CALs	NET +/-
-----	-----------	-------	--------	--------	---------------	------------

Sunday

Nutrient Breakdown

Protein (g) Carbs (g) Fats (g) Fiber (g)

Calorie Variance Chart

[Plot daily totals against target line]

Weekly Notes & Observations