

DAILY FOOD JOURNAL

Date: _____

MEAL/TIME	FOOD & BEVERAGE DESCRIPTION	CALORIES	MACROS
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Breakfast

Snack

Lunch

Snack

Dinner

Other

TOTAL CALORIES
PROTEIN (G)
CARBS (G)
FATS (G)

WATER INTAKE (8OZ):

Notes (Mood, Energy Level, Exercise):