

DAILY COMPLEX CARBOHYDRATE LOG

DATE: _____ DAILY GOAL: _____ GRAMS

CATEGORY	FOOD ITEM & SERVING SIZE	GRAMS	STATUS
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Whole Grains	Oats, Quinoa, Brown Rice, Barley		
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Legumes	Lentils, Chickpeas, Black Beans		
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Starchy Veg	Sweet Potato, Corn, Peas, Squash		
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Fiber Fruit	Berries, Apples, Pears (with skin)		
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Other	Seeds, High-fiber supplements		
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DAILY TOTAL

OBSERVATIONS & ENERGY LEVELS