

Name:

# Daily Food Diary

## Guidelines

Include all beverages

Maximum daily calories:

Include condiments, dressing, % milk, etc

Maximum daily fat grams:

Meal	Food Eaten	Amount	Fat Grams	Calories	% fat
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					
Water (8 oz)	( ) ( ) ( ) ( ) ( ) ( ) ( ) ( )				

Total: