

**Flavor
Is
Free!**

Daily Food Journal

Plan: _____ **kcal/day** **RMR:** _____ **kcal/day**

DATE:

NOTES:

Weight : _____ lbs.

Weight Δ : _____ lbs.

Weight Loss Σ : _____ lbs.

AM Meds ☐

AM Supplements ☐

PM Meds ☐

PM Supplements ☐

Time	Calories/Total	Grains/Starches	Veggies	Fruit	Meats/Bean/Nut	Dairy	Fats	Discretionary Calories	Exercise	
		Goal: 6	Goal: 4+	Goal: 3	Goal: 8-9	Goal: 3	Goal: 7	Budget: 130	Yes	No
6:00	/	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	# Steps Today	
10:00	/	Snack	Snack	Snack	Snack	Snack	Snack	Snack	Calorie Notes	
12:00	/	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch		
3:00	/	Snack	Snack	Snack	Snack	Snack	Snack	Snack		
6:00	/	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		
9:00	/	Snack	Snack	Snack	Snack	Snack	Snack	Snack		
	Total:	Total:	Total:	Total:	Total:	Total:	Total:	Total:		