DAILY FOOD DIGEST

Date _____

BREAKFAST

FOOD/AMT	CALORIES	CARBOHYDRATE	PROTEIN
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

LUNCH

FOOD/AMT	CALORIES	CARBOHYDRATE	PROTEIN
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

DINNER

FOOD/AMT	CALORIES	CARBOHYDRATE	PROTEIN
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

SNACKS

FOOD/AMT	CALORIES	CARBOHYDRATE	PROTEIN
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

	DAILY TOTAL:	DAILY TOTAL:	DAILY TOTAL:
	_____	_____	_____
	CALORIE GOAL:	**CARBOHYDRATE GOAL:**	**PROTEIN GOAL:**