Health Food Log

Name: Date: Day:

Keep track of all food and drink for the entire day.

Breakfast

Food	Servings	Calories	Carbs (g)	Fat (g)	Protein (g)

Lunch

Food	Servings	Calories	Carbs (g)	Fat (g)	Protein (g)

Dinner

Food	Servings	Calories	Carbs (g)	Fat (g)	Protein (g)

Snacks

Food	Servings	Calories	Carbs (g)	Fat (g)	Protein (g)