

Food Log



FOOD LOG

Please write down what you **eat and drink** each day.
Include the portion size.

NAME: _____

WEEK OF: _____

	EXAMPLE	SUNDAY	MONDAY	TUESDAY
BREAKFAST	1 whole wheat toast 1 egg 1 cup skim milk			
SNACK	1 peach ¼ cup almonds Water			
LUNCH	2 corn tortillas ¼ cup beans Grilled chicken breast Avocado salsa 1 can Diet Coke			
SNACK	1 cup yogurt Water			
DINNER	½ cup Brown rice Beef and veggies Salad Water			
SNACK	¼ cup Hummus Carrots Water			

Food Log

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST				
SNACK				
LUNCH				
SNACK				
DINNER				
SNACK				