FOOD LOG (please only 1 day per page)
Name: Date: Food/Condiment/Supplement
(be as detailed possible- brands, method of cooking, etc.) Time Amount (tsp, oz, Tbs, cups) Is this a good source of Protein? Time Amount Breakfast Yes or No? Time Yes or No? Amount Lunch Time Amount Yes or No? Dinner Time Amount Yes or No? Snack(s) Time Amount Beverages