

**FOOD LOG (please only 1 day per page)**

**Date:**

**Name:**

<b>Time</b>	<b>Amount</b> (tsp, oz, Tbs, cups)	<b>Food/Condiment/Supplement</b> (be as detailed possible- brands, method of cooking, etc.)	<b>Is this a good source of Protein?</b>
<b>Time</b>	<b>Amount</b>	<b>Breakfast</b>	<b>Yes or No?</b>
<b>Time</b>	<b>Amount</b>	<b>Lunch</b>	<b>Yes or No?</b>
<b>Time</b>	<b>Amount</b>	<b>Dinner</b>	<b>Yes or No?</b>
<b>Time</b>	<b>Amount</b>	<b>Snack(s)</b>	<b>Yes or No?</b>
<b>Time</b>	<b>Amount</b>	<b>Beverages</b>	