

Date: .....

## Daily Food Tracking Worksheet

	<b>Food Item</b>	<b>Protein(g)</b>	<b>Carbohydrates(g)</b>	<b>Fat(g)</b>	<b>Calories</b>
Breakfast					
Mid-morning					
Lunch					
Mid-afternoon					
Dinner					
Mid-evening					
<b>Totals</b>					